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Meltdowns are a key daily stressor for people with Asperger's Syndrome and this ebook is packed with advice from Aspie mentors who have all been there, done that, and offer suggestions for coping strategies that really work. Mitch Christian, Anita Lesk

If you NEED to know all there is to know about Aspergers, go and read The Complete Guide to Aspergers Syndrome. It's complete. It's also quite a hefty read, too hefty if you need to know a specific bit in a hurry. It also more geared toward childhood. Been There Done That is a bit like Tony Attwood, the executive summary.

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