

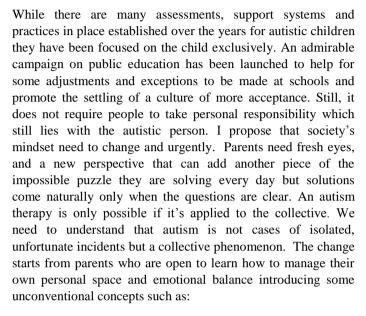
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## Autism in the eye of the beholder: A Hedgehog or a Cactus?

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## Abstract



- •Emotional Skin Deficiency (ESD) challenges and benefits
- •Autistic differences in perceptions physical, visual, sound, time, etc.
- •Emotional Hygiene for everyone
- •Multi-Level Communication
- •Energy differences and effective management
- •Nutritional adjustments in support of the internal autistic structure

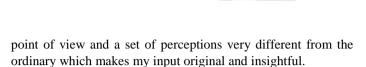
It's the immediate circle of family members and teachers that have to learn new ways of thinking, feeling and responding. We all have to share the responsibility and learn to control our minds and emotions first, before imposing it to others.

## Biography:

"I'd rather be insane in my uniqueness than sensible in my mediocrity!"

I was born as a high functioning autistic in a communist country within a family and society ignorant to the Spectrum. I have learnt to use my special interest in people as a superpower to shift the paradigm and integrate radically new concepts and insights about the Autistic world into the not-autistic frame of reference.

At the present, I am a certified SEN tutor, an author, consultant and inspirational speaker on Autism. All my years of experience, combined with being autistic myself, give me a



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