

BREATHE!

Written by Gayle Nobel

Thursday, 25 February 2010 12:32 - Last Updated Thursday, 25 February 2010 15:16

What's happening at Autism with Attitude these days?

"Breathe" 52 Oxygen-Rich Tools for Loving and Living Well with Autism is officially in print and available! (Click the homepage tab to place an order.) This has been an amazing 2 1/2 year journey for me beginning on August 1, 2007 until Monday February 22, 2010 when I held my first copy of *Breathe*. What a thrill, I must say. So much writing and rewriting and decision making throughout this entire process. I took "trusting myself" to a new level for this book and learned a tremendous amount in the process. I was lucky enough to use the same creative team (editor and graphic designer) and they were awesome to work with once again.

Breathe is my special gift to the parents of children on the autism spectrum extending to any parent of a child with special needs and then extending to any parent, period. We all need to take care of ourselves so we can be the best we can be for those we love and of course, for ourselves too. Teachers and caregivers will also find *Breathe* valuable. In fact, if you are breathing, *Breathe* is for you.

Breathe is full of nourishment, support and inspiration in the form of short stories, hands-on tools, and inspirational photographs. My daughter Rachel is the photographer. It was wonderful collaborating with her on this book. She hand picked each amazing photograph to complement my stories. This means you don't even have to read the book to feel inspired. (I highly recommend reading it though.) In fact, *Breathe* is a book which can be savored slowly, one week at a time. I invite you to try some or all of the tools. They really DO help!

My first online interview is on autismhangout.com. Take a peek. In the middle of the interview you will get to preview a couple of the photographs from the book.
{youtube}sbEYt-lcuhs{/youtube}

I just received my first reader comment! Jaime is an autism consultant and parent of 3 typical children.

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"I have already cracked my copy open- AND.....I LOVE IT! It is great for busy Mom's- the short chapters allow me to take just a moment for myself and still feel like I am "doing" for the betterment of my family and myself. I have been practicing "5 breaths"- and it really does relax me and allow me to put things into focus! Thanks."

Would love to hear from my readers. Please send me your feedback.

All it takes is one deep breath to get you started,

Gayle