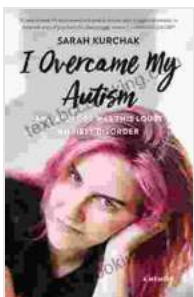


Overcame My Autism and All I Got Were Anxiety Disorders

As an autistic child growing up in the 1980s and early 1990s, I was often misunderstood and treated as an outcast. I struggled with social interactions, communication, and sensory processing. I was bullied relentlessly by my peers and had difficulty making friends. My parents, despite their love and support, didn't always know how to help me.

I felt isolated and alone, and I began to withdraw into myself. I lost interest in activities I once enjoyed and became increasingly anxious and depressed. By the time I was a teenager, I was experiencing full-blown panic attacks.

In high school, I was finally diagnosed with autism. This was a relief, as it finally gave me a name for what I had been experiencing all my life. However, the diagnosis also came with a lot of stigma and prejudice. Many people still believed that autism was a "disease" that could be "cured." I was told that I would never be able to live independently or have a successful career.



I Overcame My Autism and All I Got Was This Lousy Anxiety Disorder: A Memoir by Sarah Kurchak

★★★★☆ 4.6 out of 5

Language : English
File size : 4654 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 232 pages



Despite these challenges, I was determined to prove everyone wrong. I worked hard in school and eventually went on to college and graduate school. I also learned to manage my anxiety and depression through therapy and medication.

After graduating from college, I started my own business and have been self-employed for over 10 years. I am also an active member of the autism community and I speak out about my experiences in Free Download to help others.

I am grateful for the progress that has been made in autism awareness and acceptance in recent years. However, there is still a long way to go. Many autistic people still face discrimination and prejudice. We need to continue to work towards a more inclusive and understanding society.

Here are some of the key themes explored in the book:

- The challenges of growing up with autism
- The stigma and prejudice associated with autism
- The importance of early diagnosis and intervention
- The role of therapy and medication in managing anxiety and depression
- The power of self-advocacy and self-acceptance

The book is written in a conversational and accessible style, and it is packed with practical tips and advice. It is a valuable resource for

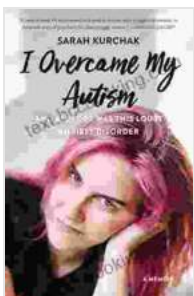
anyone who is struggling with autism and anxiety, or for anyone who wants to learn more about these conditions.

If you are interested in learning more about my book, please visit my website: www.overcamemyautism.com.

You can also follow me on social media:

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Thank you for reading!



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