



A Life of Our Own: Learning from Autism

Aileen McGee

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A Life of Our Own will empower the reader to live a more fulfilling and authentic life, regardless of challenging circumstances. It offers twelve stepping stones to help anyone navigate through difficult times, especially when life doesn't go according to plan, or when it changes dramatically due to a life-changing event. The book is inspired by the author's autistic son, Cian. Cian is mostly non-verbal. Words do not come easy for him, but when he speaks his words have proved to be meaningful and often profound. The author shares her son's wisdom with the reader and demonstrates how his insight has taught her how to live a life of her own against the odds. Each of the twelve chapters contains a stepping stone inspired by Cian's simple words and messages.

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