

**Free Book Exclusive!**

# RECLAIMING YOUR LIFE

DEANNA PICON



**HOW TO BUILD THE BEST LIFE WHILE  
SUCCESSFULLY RAISING A CHILD WITH AUTISM**

*This selection of excerpts from her book "The Autism Parents' Guide to Reclaiming Your Life" is offered free for your information by Deanna Picon, Founder, Your Autism Coach.*

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# Finally - a book that is all about YOU

For the first time, an autism expert offers information and support designed specifically for the **PARENTS** of children with autism.

The mother of a non-verbal, autistic son, autism coach Deanna Picon has created this unique book to help you:

- Reclaim your life and take control again
- Understand autism's impact on you, your family and your world
- Meet the challenges of parenting a child with autism
- Build the best life possible for you and your family

You don't have to let autism define you or defeat you. This book will help give you the power to fight back against autism ... and WIN!

Whether you've just been handed the diagnosis, or you've been dealing with the autism challenge for years, you will find help in these pages.

Whether you are determined, scared, or simply feeling a bit numb and overwhelmed, you will see that there is hope.

And whether you are a family member, friend or professional, you will learn how to understand and support the parents of special needs children.

Nobody ever gets the life they expected. But, with a little assistance and a positive and realistic outlook, we can make the best of the life we have been given.

You and your family can have a good life – as good as any other family.

I want to show you how, so let's get started!

Deanna Picon

Founder, *Your Autism Coach*

## What it's like to hear those four fateful words - "Your child has autism"

### ***YOU'VE JUST BEEN HIT BY A TRUCK!***

It's a lovely, sunny day and you and your child are driving along a quiet country road. Your child is safely strapped in, you're both wearing your seatbelts and there's no sign of danger.

Out of nowhere, a truck side swipes your car, skidding it off the road and into a telephone pole. Everyone is stunned by the impact.

You watch, dazed, as emergency workers arrive at the scene and slowly help you and your child out of the car. You stand and respond to their questions about the accident, although you have no idea what you're saying. All you remember is getting in the ambulance and riding to the hospital.

At the hospital, you are directed to the waiting room. With your nerves on a razor's edge, you wait while your child undergoes tests and assessments.

You sit down in the chair and, suddenly, it dawns on you ... why aren't they treating me? Why hasn't anyone taken me into the emergency room for observation?

I was hit by that truck as well, and I have been hurt by the collision, but where is my treatment?

And you silently think to yourself ...don't they know how much pain I'm in? I have internal injuries. My heart is bleeding and my spirit is broken. I have shattered hopes and dreams.

Where is everyone? I need some help, too!

# Section One – What’s Happened to You

This section will help you understand how the diagnosis of your child has affected you and the impact it may have on your life.

The main point is that an autism diagnosis is devastating. And it’s completely normal for you to feel like you’ve lost control of your life as you come to grips with what autism means for you and your child.

You’re experiencing what I call the “Autism Parents’ Spectrum Disorder” – the emotional, mental and social shockwaves created by that bombshell diagnosis of autism. The sooner you realize this, the closer you can come to reclaiming your life.

*Here's a brief excerpt:*

## **THE FORGOTTEN PARENTS – Left Behind In the Autism Wilderness**

When a diagnosis of autism is confirmed, it’s like a hurricane centered on your child. There is a huge amount of activity and everything else is swept away – only the focus on the child remains.

Obviously, a young girl or boy with special needs deserves to have special attention. But this immediate focus often becomes permanent; nobody thinks of anyone or anything else, now or in the long term.

Most of the time, the parents are offered plenty of support and resources for their child, but none for themselves. Instead, they are expected to immediately process and accept what is happening, and to “stay strong” for their son or daughter.

*The world breaks everyone. But,  
afterwards, some are stronger in the  
broken places.*  
– Author Ernest Hemingway

Few people ever seem to realize that parents in this situation have special needs, too.

This often sets the pattern for the parents, putting the child as the number one priority and themselves as a very distant second.

That’s not a way of life that can be maintained. It’s a trap, and a recipe for burn-out. Yet many parents never break free of that pattern.

## Section Two – How to Adapt to Your New Life

Reading this section will assist you in recognizing how the diagnosis of autism has affected your partner, your immediate family, your friends and your future. You'll realize that you are not alone, not facing an impossible challenge and not destined to a life of doom and gloom.

Most importantly, this section will help you avoid the most common pitfalls and mental traps that plague parents in our situation.

Instead of wasting time and energy on the pointless and negative, you will be able to focus on the productive and positive.

*Here's a brief excerpt:*

### **YOU ARE AN A+ PARENT – Take Pride in Your Family**

So often, parents in our situation feel autism like a stigma, as if we all had to walk around wearing a huge scarlet letter 'A' on our chests. It's easy to imagine that everybody is staring at you and whispering bad things behind your back.

But parents shouldn't feel this way. In fact, they should turn that scarlet letter 'A' into a badge of honor that proudly says "A+ Parent".

All parents who stay and accept the challenges of raising a child with autism deserve a medal for courage. You have faced up to your responsibility, even though it means braving uncharted territory. Even though you didn't know what was ahead, you took a deep breath and walked on.

Because of your courage and determination, your child will have a better life. That's something worth patting yourself on the back about!

*"Heroes may not all be big and strong, smart or witty, attractive or chivalrous, or dashing handsome. Heroes come in all different shapes and sizes, but they all have one thing in common, they have a cause, a reason to fight, a reason to live. Even if they don't know it yet."*

– Photographer & artist Ben Lafond

Kicking yourself for not being a perfect parent is easy. It's also unproductive and unfair. **There are no perfect parents**, only real human beings doing the best they can.

And we have a word to describe people who live up and face up to challenges – we call them heroes. Even if the world at large doesn't recognize it, you will always be a hero to your child, and to all of us who have walked in your shoes.

# Section Three – Building Your Autism Battle Plan

Once you have the tools of knowledge and understanding in your hands, Section Three will provide a blueprint for your own Autism Battle Plan.

This part of the book will focus on how you can prevent autism from defining or defeating you ... how to keep hold of your self-identity and your relationships ... and how to not only survive but actually enjoy raising your special child.

In other words, how to reclaim your life.

*Here's a brief excerpt:*

## **BATTLE PLAN? – Yes, Because This is War!**

You want to give your special needs child and your whole family – including yourself! – the best life that you can.

But there is an enemy waiting to stop you; an enemy that can take away your mental and physical health, your time and money, your relationships, your career, and all the joy in your life ... **if** you let it.

The name of your enemy is **autism**. It's time to declare war against it and learn how to fight back.

Raising your child is one of the most important things you will ever do in your life. Unless you are curing cancer or bringing about world peace, you will never do anything more worthwhile, vital and demanding.

*You have to fight back. If you don't, you're the one who loses in the end. But if you do keep going and fight back, you win.*

– Author & musician Alexandra Monir

*Why should you let autism stop you from meeting that challenge with all your might?*

Giving your child the best life possible is one of the most loving and selfless acts you will ever perform.

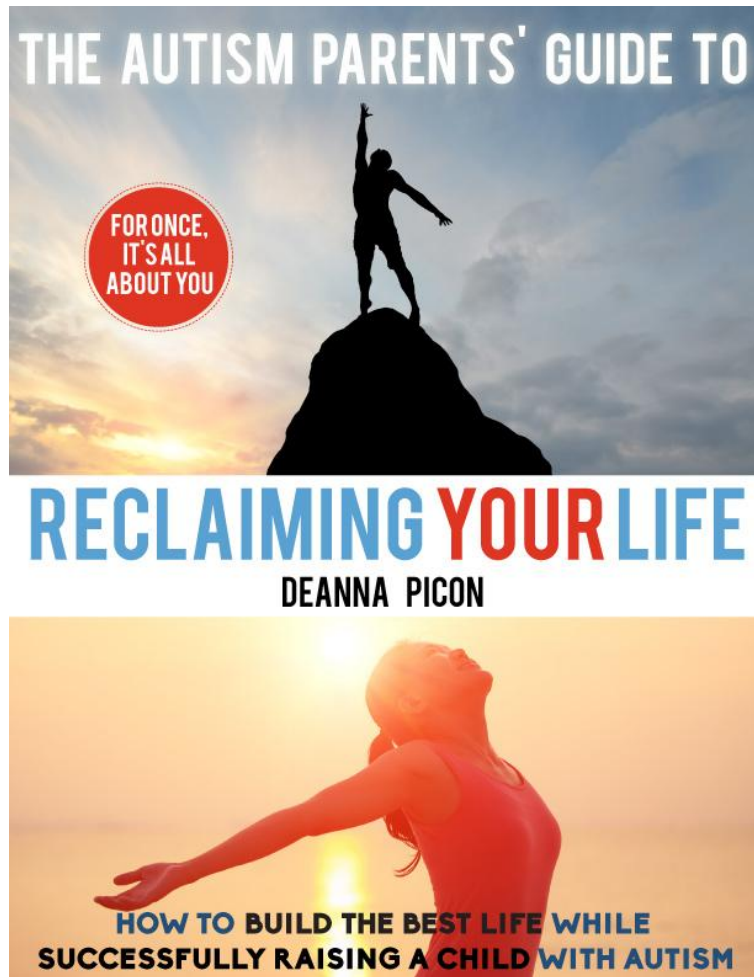
*Do you want autism to prevent you from achieving that goal?*

Allowing yourself to have a fulfilling and satisfying life, while raising your son or daughter, is one of the greatest gifts you can give your family.

*Will you allow autism to take that away from you?*

This section of the book will empower you and build the battle plan you need to fight back ... and win!

# How to get your copy and start reclaiming your life



*The Autism Parents' Guide to Reclaiming Your Life* will be available in May, but you can pre-order your copy today directly from author Deanna Picon.

Visit her website at [www.YourAutismCoach.com](http://www.YourAutismCoach.com) or call (347) 869-4705.

By ordering now, you will receive a personally autographed copy of this unique book in an affordable soft-cover version for **only \$16.99** plus applicable taxes and shipping.

That's **\$5 less than the Amazon.com price!**

No other book directly addresses the challenges facing the parents of special needs children like this **positive, empowering and realistic** guide.

Take the first step to **building a better future** for you and your family. Begin your journey to greater peace, confidence and **control of your life**. It all starts here and now ...