



# **The Autism Mom's Survival Guide (for Dads, too!): Creating a Balanced and Happy Life While Raising a Child with Autism**

*Susan Senator*

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Given the daily challenges of raising a child with autism, it's easy for parents to lose themselves and for their overall quality of life to plummet. Susan Senator interweaves the voices of autism parents, researchers, and professionals to offer guidance and encouragement on how to find happiness and fulfillment in the midst of the struggles of raising an autistic child. Topics include: how to handle feelings of despair and hopelessness; finding fun, even during turbulent times; caring for your marriage; and finding a balance between accepting your child as he or she is and seeking new treatments.

To learn more about the author, visit her website at [susansenator.com](http://susansenator.com).



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