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# Can I Tell You About Pathological Demand Avoidance Syndrome

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Can I tell you about Stammering?

A Guide for Friends, Family and Professionals

A guide for friends, family and professionals

Can I Tell You About Self-Harm?

Can I tell you about ME/Chronic Fatigue Syndrome?

A Guide for Friends, Family and Professionals

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A guide for friends, family and professionals

Can I Tell You about Depression?

Can I tell you about Anxiety?

A guide for friends, family and professionals

A Helpful Introduction for Everyone

Slow Down, So I Can Tell You I Love You

Can I tell you about Cerebral Palsy?

Can I Tell You a Secret?

A Guide for Friends, Family and Professionals

Can I Tell You about ADHD?

So I Can Tell YOU

A guide for friends, family and professionals

Can I tell you about Tourette Syndrome?

A guide for friends, family and professionals

Some Things I Still Can't Tell You

A Guide for Friends and Family

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Can I Tell You About Friendship?

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Can I tell you about Down Syndrome?

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## COOLEY LACI

*Can I tell you about Stammering?* Open Court Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much. The latest in the best-selling *Can I Tell You About...* series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family. This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book

will go towards the Charlie Waller Memorial Trust. *A Guide for Friends, Family and Professionals* Open Court Publishing Meet Max - a boy with Tourette syndrome (TS). Max invites readers to learn about Tourette's from his perspective, helping them to understand what tics and triggers are and what it feels like to have TS. He explains how living with TS can sometimes be difficult, and how people around him can help him to feel happy and accepted. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and other professionals working with children with TS. It is also an excellent starting point for family and classroom discussions. *A guide for friends, family and professionals* Open Court Meet Issy - an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells

readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.

**Can I Tell You About Self-Harm?** Open Court Publishing Introducing Adam, who has Asperger syndrome -- Reading feelings -- Tones of voice -- Playing with others -- Loud noises -- Confusing groups -- Unexpected change -- Motor skills -- Special interests -- What is Asperger syndrome? -- How to help -- How teachers can help.

**Can I tell you about ME/Chronic Fatigue Syndrome?** Jessica Kingsley Publishers Meet Mollie - a woman with an illness called ME (Myalgic Encephalomyelitis) or CFS (Chronic Fatigue Syndrome), and her family, Mike, Ellie and Eric. Mollie and her family help readers to understand what ME/CFS is, what it is like to have it and how it can affect their

family life. Mollie can't always do things that other mums do because of her illness, which can sometimes be frustrating, but they share strategies that help them all to cope. The family also explain how ME/CFS can affect different people in different ways. This illustrated book is an ideal introduction to this often misunderstood condition. It shows family, friends and anyone who knows someone with the condition how they can support someone with ME/CFS, and their family.

**A Guide for Friends, Family and**

**Professionals** Jessica Kingsley Publishers  
Meet Sophie - a girl with cerebral palsy (CP). Sophie invites readers to learn about CP from her perspective, helping them to understand what it is like to use a wheelchair to move around and assistive technology to communicate. She also introduces readers to some of her friends who have different forms of CP and explains that living with CP can sometimes be difficult, but there are many ways she is supported so that she can lead a full and happy life. This illustrated book is ideal for young people aged 7 upwards, as well

as parents, friends, teachers and professionals working with children with CP. It is also an excellent starting point for family and classroom discussions.

Can I tell you about OCD?

Jessica Kingsley Publishers  
Get your acting skills ready as we discover all of the different types of feelings we have with interactive children's book. "You Can Tell How I Feel" was inspired by the award-winning music of children's songwriter and Montessori educator, Frank Leto. The book series was written and created by his daughter, Maria Leto, and illustrated by his five-year-old granddaughter, Chloe Mandzuk. A three-generation collaboration! "You Can Tell How I Feel" is educational, interactive and inclusive and encourages a connection and conversation between the reader and child. This book contains a reference page at the end to review everything you just learned. For additional fun, try to look for all of the hidden ladybugs throughout the books! For more information about Frank Leto's educational music for children, visit [www.frankleto.com](http://www.frankleto.com).  
*Can I tell you about*

*Gender Diversity?* Jessica Kingsley Publishers  
When Isabelle enters the magical world of Las Brisas with her wheelchair-bound brother, her eyes are opened to a future of new possibilities.  
A Guide for Friends, Family and Professionals  
Jessica Kingsley Publishers  
This illustrated book is an ideal introduction to depression. Julie helps readers to understand what depression is, how it feels to be depressed and how it can affect their family life. She explains what help and support is available for people with depression and what friends and family can do to make things easier for her.

**A guide for friends, family and**

**professionals** Jessica Kingsley Publishers  
A charming tale about being brave and sharing your worries, from the author and illustrator of *You Are (Not) Small and That's (Not) Mine!* Pssst! Monty the frog has a secret. Promise not to tell? He can't swim! And he's terrified of water! What is he going to do? Luckily, when he's persuaded to tell his parents, they are very understanding. In fact, his dad has a secret of his

own... The simple text from Anna Kang and bold illustrations from the New Yorker cartoonist Christopher Weyant tell an original and funny story about sharing your worries and facing your fears. Visit Christopher at [www.christopherweyant.com](http://www.christopherweyant.com). Praise for You are (Not) Small: "Charming characters, a clever plot and a quiet message tucked inside a humorous tale." Kirkus Reviews

### **Can I Tell You about Selective Mutism? I**

Can't Tell You

While fighting with his best friend and college roommate over a girl, Jake says something he regrets, then begins communicating only through notes and letters, but when he wants to tell the girl how he really feels about her, his silence and penchant for puns get in the way.

### **What Philosophy Can Tell You about Your**

**Lover** Jessica Kingsley Publishers

In this friendly guide, a girl called Amber explains all about her 'dancing eyes,' or nystagmus. Amber explains how children with nystagmus might need to read, learn or play differently, and what their families, school and friends can do to help. She invites readers

to learn the causes and symptoms, to help others understand the condition and help increase the self-esteem and confidence of those who have it. This accessible guide for children aged 7+ is an excellent starting point for parents, teachers and other professionals working with children with nystagmus. It includes a practical checklist of easy adaptations to make school or home environments easier and more enjoyable for children with nystagmus, as well as a helpful list of recommended resources for additional support.

Can I Tell You about Asthma? Jessica Kingsley Publishers

Introducing Kit -- Gender identity -- Sexual orientation -- Transitioning -- Gender expression -- Gender dysphoria & euphoria -- Gender identity clinics -- Language -- The Equality Act -- School -- Misgendering -- Being Kit  
*A Guide for Friends, Family and Professionals*

Can I Tell You About Meet Megan - a young girl who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious

and how this affects her thoughts, feelings and behaviours. Megan talks about techniques she has learnt to help manage her anxiety, and how people around her can help. With illustrations throughout, this will be an ideal way to explore anxiety difficulties. It shows family, friends and teachers how they can support someone who experiences anxiety and will be an excellent way to start a conversation about anxiety, in the classroom or at home.

Can I Tell You about Autism? Jessica Kingsley Publishers

Meet Harry - a young boy who stammers. Harry invites readers to learn about what it is like to stammer from his perspective and how it affects his daily life and makes him feel. He talks about techniques that can help reduce stammering and describes how friends, family and others can help him to feel at ease and reduce his stammer further. This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and speech therapists working with children who stammer. It is also an

excellent starting point for group discussions at home or school.

*A guide for friends, family and professionals*

Booktango

Twenty-five philosophy professors discuss jealousy, feminism, desire, freedom, soul mates, pornography and whether the good life can be attained without true love as they uncover the connections between philosophy and romantic love. Original.

*Can I Tell You Something?*

Citadel Press

Do dogs live in the same world as humans? Is it wrong to think dogs have personalities and emotions? What are dogs thinking and what's the nature of canine wisdom? This is a book for thoughtful dog-lovers who want to explore the deeper issues raised by dogs and their relationships with humans. Twenty philosophers and dog-lovers reveal their experiences with dogs and give their insights on dog-related themes of metaphysics and ethics.

*A Guide for Friends, Family and Professionals*

Andrews McMeel

Publishing

Part of the Reading Well scheme. 35 books

selected by young people

and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder. They all explain why they find food difficult and how their eating disorders are different. This illustrated book is an ideal introduction to understanding the complex issues surrounding eating disorders. It shows family, friends and teachers how they can support a young person with an eating disorder and will also be a good place to start when encouraging open conversations about eating disorders at school or at home.

*A Guide for Friends,*

*Family and Professionals*

FriesenPress

Rich. Dense. Hopeful. Can

*I Tell You Something?*

(CITYS) is a tender and brutal book of philosophy. Its collection is composed of 100 poems about age, addiction, disease, poverty, romance, art, friendship and more.

Karl's poems are often told through story and capture a temperament not commonly found in modern poetry. Flores' poems are a nuanced assembly of our questions, our instincts, and our most concealed emotions like shame, purposelessness, and lust.

These poems are accompanied by fifty illustrations by Marta Maszkiewicz to create a powerful thrill for readers looking to be inspired by new ideas and ultimately examine their own lives.

In one sentence, *Can I Tell You Something?* is an exploration of hope in the mystery of humanity.

Flores writes: "Read in the dark. Live in the space between the wine and the cork. Live without rhyme, like a vortex, free of them, go wild for any sort. Live like a secret, dance despised, share your mad, let the water soak you, But most: live your true wish and don't let man's template choke you."

**What Philosophy Can Tell You about Your Dog** Jessica Kingsley

Publishers aspects of the feline mind about cats the authors  
"Eighteen essays and the world of cats, have known"--Provided by  
investigate philosophical illustrated by anecdotes publisher.

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