



Autism Sexuality and My Brain (Paperback)

By Travis E Breeding

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Fixated on Sexuality Travis fights the obsessions each day as he tries to understand the sexual world around him. Diagnosed with autism Travis has a hard time understanding the key ingredient of emotional connection that is needed to be intimate with another human. Travis works hard to learn the necessary social skills but he also seeks help in other areas that are less conventional but helpful. He shares about his experiences with counseling and therapy. He has learned how to use Cognitive Behavior Therapy to help re-frame some of his paralyzing thoughts. Travis shares of his belief that he will die if he does not have sex. He is also diagnosed with Schizophrenia. Travis shares of his desire for physical touch. He feels it keeps him safe. Travis speaks of the idea that his brain thinks in black and white while not understanding the grey areas of life. This causes him great confusion when getting to know women that lead him to become depressed. Read this book to learn how Travis copes with puberty and sexual desires all while being on the..



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