

# Unemployed on the Autism Spectrum: How to Cope Productively with the Effects of Unemployment and Jobhunt with Confidence

Michael John Carley

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## **Unemployed on the Autism Spectrum: How to Cope** Productively with the Effects of Unemployment and Jobhunt with Confidence

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Unemployment can be an isolating experience. In this much-needed book, Michael John Carley reassures readers who are unemployed and have Autism Spectrum Disorder (ASD) that they are not alone.

Offering guidance on how you can cope with unemployment in a constructive and emotionally healthy manner, Michael John Carley writes with a crucial understanding of the isolation and negative emotions that unemployment can bring about if you have ASD. He explains why so many people find themselves out of work and how it's often not their fault. Providing guidance on how to maintain your confidence and motivation, this book offers advice on how you can pursue other opportunities, such as part-time work or volunteering. The book also features advice on how to manage your finances during periods of unemployment.



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