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As the parents of a child with Asperger syndrome, special education administrator Dion E. Betts (coauthor, Homespun Remedies: Strategies in the Home and Community for Children with Autism Spectrum and Other Disorders) and yoga practitioner Stacey W. Betts are sensitive to the needs of children with autism spectrum disorders (ASDs). Here they explain how yoga can be beneficial to such children through a series of illustrated, easy-to-follow yoga poses and breathing techniques. They introduce warm-up, strengthening, tension-releasing, and calming poses; two short sequences for lighter days; and four breathing techniques. Photos present two levels of a pose, and imagery is employed metaphorically as well, to help the child better understand a pose (e.g., one must be strong in the bridge pose to hold up the cars and trucks that roll over a bridge). This book, which can be used by parents wanting to introduce their children to yoga, shows how stress and anxiety can be lessened in both parties through patience and hands-on interaction. Recommended for all libraries.-Dede Fellrath-Archer, Naples, FL

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