



# Living with Dyspraxia: A Guide for Adults with Developmental Dyspraxia - Revised Edition

*Mary Colley*

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For people with Developmental Dyspraxia, everyday life can pose a multitude of problems. Tasks the majority of people would find simple can often be taxing and fraught with difficulty. Living with Dyspraxia was written to help all adults with Dyspraxia tackle the everyday situations that many people take for granted. It is full of practical advice on everything from getting a diagnosis to learning how to manage household chores. Important topics are addressed, such as self-esteem, whether to disclose your condition within the workplace, how to communicate more effectively and also how Dyspraxia often interacts with other conditions, such as Dyslexia, ADHD and Asperger's Syndrome. This practical resource will be of use to adults with Dyspraxia, the professionals and families members who come into contact with them as well as those who simply wish to learn more about Dyspraxia.



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