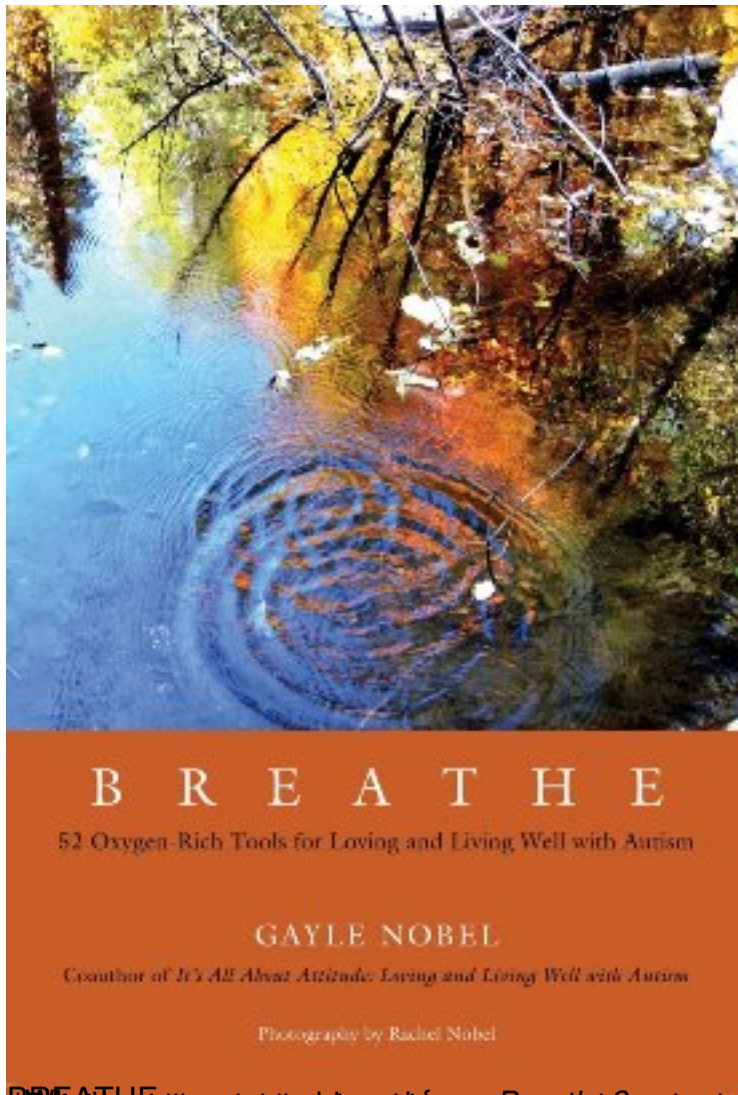


*"Discover how to replace your stress, fears, doubts and timidity with a powerful attitude that will allow you to achieve your dreams and goals and feel happier and more alive in the process."*

*Breathe* is the newest addition to the Autism with Attitude toolbox. In the form of stories and oxygen-rich tools born of Gayle Nobel's life-long journey with autism, *Breathe* is YOUR source of nourishment.



**BREATHE** is a practical guide from a mom of a child with autism who gives you some very special and powerful tools to help you love and live well with autism. [Order Online Now](#)  
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Life with autism asks some hard questions. Gayle Nobel shares her stories with you so she can hold your hand as you explore those questions together. Through her personal experiences, she presents powerful, life-tested tools – her special elixirs that help her continue to thrive, rather than merely survive, on her lifelong journey with her son, Kyle. These oxygen-rich tools will help you make loving and living well with autism real.

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*\*Breathe will nourish you with support and inspiration while giving you some very special useful and practical tools.*

*\*Breathe supplies you with one user-friendly tool for each week of the year.*

*\*Breathe will help you refill your personal well.*

*\*Breathe will offer you something to do RIGHT NOW which will take five minutes or less.*

*\*Breathe will help you find more energy and motivation, greater inner power and strength, and more peace and happiness.*

*\*Breathe will help you love and live well with your special child AND your entire family.*

*“Just as the breath oxygenates our cells, these oxygen-rich tools have the power to create a ripple effect in your life, transforming your attitude and your journey, one micro-movement at a time.”*

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