

Book Review for *Benjamin Breaking Barriers: Autism—A Journey of Hope*

by Malva Freymuth Tarasewicz

For Immediate Release:

Benjamin Breaking Barriers: Autism—A Journey of Hope is an inspirational story, coming at a time when 1 in 88 children is being diagnosed with autism. As a toddler, Benjamin, the author's son, began retreating into a world of silence and isolation, completely taken over by strange physical movements and odd obsessions. His mother embarked on an intensive course of intervention, stimulating her child to learn and expand his horizons. Her energetic creativity and dogged determination to keep up hope for a bright future led Benjamin out of his autism and into a loving connection with his family. Over the years, Benjamin developed into an exceptionally social person talented in the areas of music, theater, and public speaking. In spite of his continuing challenges with autism, this young man shines on stage; Benjamin has become a recognized motivational speaker and an articulate spokesperson for those who cannot so easily reach out to others.

This book details the journey of developing a special individual's strengths with great heart, a message that resonates universally. The author's sensitive retelling of how love and creativity brought forth her son's hidden gifts speaks volumes about the power of hope, and her story of ongoing hard work and perseverance is an important message for today's world. An inspiring book that reads like a novel while also providing a wealth of details for those working with autistic persons.

The book is clearly designed to be more than a highly moving and often humorous account; the categorized index of therapeutic considerations has the potential to be life-changing for the multitude of parents who are slogging in the trenches, dealing with autism; a wealth of practical strategies are interwoven with the colorful vignettes that make up the body of this book. For those readers who are just learning about autism, the story, in combination with the appendix of thoughtful Discussion Questions, will provoke introspection and lively debate, thus supporting the development of compassion for those who are "different," regardless of their "label."

All children benefit from attentive, creative parenting, and *Benjamin Breaking Barriers* leads the way by providing examples of interactions and activities that can benefit *any* child or young adult, not just those requiring a therapeutic level of intervention. Benjamin himself is a prime example of how strong core values can be instilled into the growing child and can then blossom, making for an individual who touches the hearts of many, acts as a beacon of inner light and courage, and brings joy to all who know him.

A short demo-video of Benjamin giving his *Breaking Barriers* presentation can be found on YouTube under the heading, *Benjamin Breaking Barriers*.

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Integrated Musician's Press 774 15th street; Boulder, CO 80302 303-522-2493 btviolin@gmail.com