

# So, What's the Difference?

A guide to helping children and young adults understand their learning differences

By Donna Cutler-Landsman

Workbooks are available at:  
[www.cutler-landsman.com](http://www.cutler-landsman.com)  
Cost: \$16.95

**This self-help workbook is designed to assist students with disabilities in:**

- Understanding causes of disabilities, including genetic causes
- Recognizing individual strengths and weaknesses
- Soliciting help from others (parents, teachers, friends, etc.)
- Understanding the role of special education
- Learning how to be successful at school
- Studying for tests more effectively
- Getting and staying organized
- Coping with teasing and bullying
- Making and keeping friends
- Coping with sadness and frustration
- Recognizing the struggles of others
- Mapping out and working towards future goals

**The workbooks are available in four themes:  
butterflies, coral reef, racecar and jungle.**

