



## Caged in Chaos: A Dyspraxic Guide to Breaking Free Updated Edition

By Victoria Biggs

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**Caged in Chaos: A Dyspraxic Guide to Breaking Free Updated Edition** By Victoria Biggs

Written by a teenager with dyspraxia, this is a humorous and inspiring practical guide for young adults with dyspraxia and those around them trying to get to grips with the physical, social and psychological chaos caused by developmental co-ordination disorders (DCDs).

In her own conversational style, Victoria Biggs explains the primary effects of dyspraxia - disorganization, clumsiness and poor short-term memory - as well as other difficulties that dyspraxic teenagers encounter, such as bullying and low self-esteem. Peppered with personal stories from other teens, this award-winning book offers down-to-earth advice on a wide range of adolescent issues, from puberty, health and hygiene to family life and making friends. The new edition includes an update from the author on her university and work experiences and how dyspraxia affects her now as an adult. Her positive approach and profound empathy with others in her situation make this book a must-read.

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