

Get Free Very Late Diagnosis Of Asperger Syndrome Autism Spectrum Disorder How Seeking A Diagnosis In Adulthood Can Change Your Life

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Being diagnosed with autism as an adult can be disorienting and isolating; however, if you can understand the condition and how it affects perceptions, relationships, and your relationship with the world in general, a happy and successful life is attainable. Through an introduction to the autism spectrum, and how the Level 1 diagnosis is characterised, the author draws on personal experiences to provide positive advice on dealing with life, health, and relationships following an adult diagnosis. The effect of autism on social skills is described with tips for dealing with family and personal relationships, parenting, living arrangements, and employment. Important topics include disclosure, available resources, and options for different therapeutic routes. On reading this book, you will learn a lot more about the autism spectrum at Level 1, be able to separate the facts from the myths, and gain an appreciation of the strengths of autism, and how autism can affect many aspects of everyday life. Drawing from the author's lived experience, this book is an essential guide for all newly diagnosed adults on the autism spectrum,

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their families and friends, and all professionals new to working with adults with ASDs.

A bestselling modern classic—both poignant and funny—about a boy with autism who sets out to solve the murder of a neighbor's dog and discovers unexpected truths about himself and the world.

Nominated as one of America's best-loved novels by PBS's The Great American Read Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent years.

Cynthia Kim explores all the quirks of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of being autistic. Her own life presents many rich examples. From being labelled nerdy and shy as an undiagnosed child to redefining herself when diagnosed with Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with the results of extensive research to explore the 'why' of ASD traits. She explains how

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they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism. Well known in the autism community and beyond for her popular blog, Musings of an Aspie, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.

The Nine Degrees of Autism presents a much-needed positive tool for understanding the developmental process of autism, and to facilitate the improved mental health and well-being of individuals on the spectrum. The ground-breaking model charts nine distinct stages of development - from pre-identification, to learning to live with changes in self-image following a late diagnosis, through to self-acceptance and wellbeing. Using the model as a framework each chapter focuses on a particular stage of the process. Experts provide personal insights into the environmental and societal challenges faced by individuals with autism, and dispel a number of popular misconceptions. The positive developmental model described in this book will encourage people on the Spectrum to accept themselves by focusing on their gifts rather than

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weaknesses, and to avoid identifying with negative medical classifications. The developmental process which the authors describe is also applicable to other 'hidden' neurological conditions such as Dyslexia, Dyspraxia, Aphasia, and ADHD. The book should be read by anyone who wants to understand the real nature and experience of autism and will also be essential reading for a range of professionals seeking to work more effectively with individuals on the spectrum.

Receiving an Autism Spectrum Disorder diagnosis as an adult can be a difficult but liberating process. Full of useful information and personal insights, this book details the stages of late diagnosis, from self-identification to acceptance. It discusses mental health issues that can arise, supports that are available and strategies for the future.

An extraordinary memoir about the cutting-edge brain therapy that dramatically changed the life and mind of John Elder Robison, the New York Times bestselling author of *Look Me in the Eye* **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE WASHINGTON POST** Imagine spending the first forty years of your life in darkness, blind to the emotions and social signals of other people. Then imagine that someone suddenly switches the lights on. It has long been assumed that people living with autism are born with the diminished ability to read the emotions of others, even as they feel emotion

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deeply. But what if we've been wrong all this time? What if that "missing" emotional insight was there all along, locked away and inaccessible in the mind? In 2007 John Elder Robison wrote the international bestseller *Look Me in the Eye*, a memoir about growing up with Asperger's syndrome. Amid the blaze of publicity that followed, he received a unique invitation: Would John like to take part in a study led by one of the world's foremost neuroscientists, who would use an experimental new brain therapy known as TMS, or transcranial magnetic stimulation, in an effort to understand and then address the issues at the heart of autism? *Switched On* is the extraordinary story of what happened next. Having spent forty years as a social outcast, misreading others' emotions or missing them completely, John is suddenly able to sense a powerful range of feelings in other people. However, this newfound insight brings unforeseen problems and serious questions. As the emotional ground shifts beneath his feet, John struggles with the very real possibility that choosing to diminish his disability might also mean sacrificing his unique gifts and even some of his closest relationships. *Switched On* is a real-life *Flowers for Algernon*, a fascinating and intimate window into what it means to be neurologically different, and what happens when the world as you know it is upended overnight. Praise for *Switched On* "An eye-opening book with a radical message . . .

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The transformations [Robison] undergoes throughout the book are astonishing—as foreign and overwhelming as if he woke up one morning with the visual range of a bee or the auditory prowess of a bat.”—The New York Times “Astonishing, brave . . . reads like a medical thriller and keeps you wondering what will happen next . . . [Robison] takes readers for a ride through the thorny thickets of neuroscience and leaves us wanting more.”—The Washington Post “Fascinating for its insights into Asperger’s and research, this engrossing record will make readers reexamine their preconceptions about this syndrome and the future of brain manipulation.”—Booklist “Like books by Andrew Solomon and Oliver Sacks, *Switched On* offers an opportunity to consider mental processes through a combination of powerful narrative and informative medical context.”—BookPage “A mind-blowing book that will force you to ask deep questions about what is important in life. Would normalizing the brains of those who think differently reduce their motivation for great achievement?”—Temple Grandin, author of *The Autistic Brain* “At the heart of *Switched On* are fundamental questions of who we are, of where our identity resides, of difference and disability and free will, which are brought into sharp focus by Robison’s lived experience.”—Graeme Simsion, author of *The Rosie Effect*

This collection of narratives from autistic adults is

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structured around their decades of experience of life, covering 20s, 30s, 40s, 50s, 60 and 70s+. These are varied and diverse, spanning different continents, genders, sexualities and ethnicities, yet the author highlights the common themes that unite them and skilfully draws out these threads. Each chapter is based on accounts from one age group and includes accounts from people of that age, giving an insight into the history of autism and signifying how gaining a diagnosis (or not) has changed people's lives over time. The book is about ageing with an autistic mind, and helping the reader find connections between neurotypical and neurodiverse people by acknowledging the challenges we all face in our past, present and futures.

Annotation "In this book, Wendy Lawson guides others on the autism spectrum through the confusing map of life, tackling the building bricks of social existence one by one with humour, insight and practical suggestions."

The Very Late Diagnosis of Asperger's Syndrome 2013 UK Survey provides evidence of an unsupported and excluded underclass of intellectually disabled adults in the UK. Bigotry in the UK causes 80% of the adult respondents to contemplate suicide and feel excluded by society. Do you have Asperger's Syndrome or know someone who does? Are you looking for a reference guide about Asperger's in adults? Do you have questions you'd like to ask an expert

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in adult Asperger's? If your answer is Yes to any of these questions, this book is for you. Clinical psychologist and Asperger's authority, Dr. Kenneth Roberson, examines the often neglected area of Asperger's in adults, covering topics such as: What causes Asperger's Syndrome? Is it different in adults than it is in children? How can you find out if you have Asperger's? What are the advantages and disadvantages of a diagnosis? What therapy is best for adults who have Asperger's? Can adults with Asperger's change? Are there benefits to having Asperger's? Can adults with Asperger's have intimate relationships? Can they be successful parents? These and many other questions are covered in this important addition to the field of Asperger's as it occurs in adults. Resources and reference material about adult Asperger's are included, along with a feature allowing readers to ask questions of Dr. Roberson.

For people with ASDs, depression is common, and has particular features and causes. This outstanding book provides a comprehensive review of these aspects, and an effective self-help guide for anyone with an autism spectrum disorder (ASD) affected by depression. Written by the leading experts in the field, the book explains and describes depression, the forms it can take, and how it looks and feels for a person on the autism spectrum. The authors draw on the latest thinking and research to suggest strategies for coping with the effects of depression and provide a complete step-by-step CBT self-help programme, designed specifically for individuals with ASDs. The programme helps increase self-awareness, including identifying personal triggers, and provides the tools to combat depression.

If you only buy one book to improve your life this year, make it this one. Temple Grandin, Liane Holliday Willey, Anita Lesko, Stephen M. Shore, and many other Aspie mentors, offer their personal guidance on coping with the daily stressors that

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Aspies have identified as being the most significant, in order of urgency - anxiety, self-esteem, change, meltdowns, depression, friendship, love, and much, much more. Based on years of personal experience, this book is packed with advice from Aspie mentors who have all been there and done that! World expert Dr. Tony Attwood rounds up each chapter with professional analysis and extensive recommendations. He includes essential information on destructive strategies that may look attractive, but that have counter-productive effects. Including full color artwork from Aspie artists showing visually how they interpret each stressor, this is THE inspirational guide to life for young adults, the newly diagnosed, and as a life-long reference for anyone on the spectrum - written by Aspies for Aspies.

An intimate, engaging, and insightful guide to coping with Asperger's-from one of the condition's most passionate advocates. Michael John Carley was diagnosed with Asperger's Syndrome at thirty-six-when his young son received the same diagnosis. This fascinating book reveals his personal experience with the confusion and trauma associated with this condition-and offers insights into living an independent and productive life. Now the Executive Director of the world's largest Asperger's organization, Carley helps readers in such areas as: - Social interactions - Nurturing interests - Whom to confide in-and how - Dealing with family and loved ones - Finding work that suits your strengths and talents

ADHD and Asperger Syndrome in Smart Kids and Adults offers detailed examples of individuals who have above-average cognitive intelligence, but struggle with executive function impairments of ADHD and significant social-emotional impairments of Asperger syndrome. The book centers around twelve case studies of bright children, teens, and adults treated for both ADHD and Asperger syndrome.

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Each chapter describes diverse examples of their strengths and their difficulties and explains how these individuals can be helped with appropriate treatment to overcome their ADHD impairments and to improve their ability to understand and interact more effectively with others. Case examples are followed by updated, science-based descriptions of these disorders. Providing science-based information about ADHD and Asperger syndrome in clearly understandable, accessible language, this text is ideal for clinicians, educators, social workers, medical and mental health service providers, and parents of those struggling with such impairments. It also advocates for restoring the diagnosis of Asperger Syndrome to diagnostic manuals of the American Psychiatric Association and World Health Organization.

The first book to look seriously at the practical issues facing older adults with autism spectrum conditions (ASC), Wenn Lawson's groundbreaking handbook offers support, advice, and sensible ways in which to look at the issues. Informed by current research, interviews with older people diagnosed with ASC and his own experience, the author covers a multitude of issues including dealing with transitions and changes to routine, communicating an individual's particular needs and wishes to care home staff, the social and financial impact of retirement, mental health, and sensory and physical changes and challenges. Older people with ASC and their family and friends, as well as the professionals supporting them, will find this an indispensable and accessible book.

A revealing memoir about living with Asperger's syndrome that is by turns laugh-out-loud funny and achingly sad. It is only when he is diagnosed with Asperger's syndrome, at the age of 55, that Tom Cutler's life starts to make sense -- his accidental rudeness, his strange obsessions, his eccentric way of dressing, and his difficulties with the opposite sex. In this moving memoir, Tom shares his adventures with

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Asperger's in offices, at parties, and on the road.

In "That's Not Right!" Alex Manners gives his own account of living his life with Asperger's syndrome, including documenting how he and his family fought to overcome ignorance and misunderstandings in the educational system, and providing not only practical, usable advice for anyone else in similar circumstances but inspiration for everyone. "This book is full of tips, techniques and stories that will give you an inside look at what it means to have Asperger's. You will come away inspired and with a new understanding of how to communicate more effectively with those you love! In this book you'll learn the truth about Asperger's Syndrome and why it's one of the least understood disorders today. The average person has never even heard of this syndrome. So it probably comes as no surprise that people with Asperger's are often alienated, as they tend to communicate in a way that others can't easily relate to. Some with Asperger's will usually find it difficult to understand normal social cues. They can feel very alone, yet have no clue as to how to express the feelings inside them. They can feel constantly rejected and harassed by those around them and even the ones who love them. You must truly understand this syndrome in order to have a good relationship with a person that has this disorder ... If you know someone with Asperger's your goal should be to learn as much as you can about this disorder. You need to understand why people with this syndrome think and live the way they do. I created this book so you can communicate and learn coping techniques that will create better lives for you and your loved one."--Back cover.

As awareness and understanding of Asperger Syndrome and Autism Spectrum Disorder increases, more adults are identifying themselves as being on the spectrum and seeking formal diagnosis. This

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book discusses the process, the pros and cons, and the after-effects of receiving an autism diagnosis in adulthood. Outlining the likely stages of the journey to diagnosis, this book looks at what the individual may go through as they become aware of their Asperger characteristics and as they seek pre-assessment and diagnosis, as well as common reactions upon receiving a diagnosis - from depression and anger to relief and self-acceptance. Combining practical guidance with advice from personal experience and interviews and correspondence with specialists in the field, the book discusses if and when to disclose to family, friends and employers, how to seek appropriate support services, and how to use the self-knowledge gained through diagnosis to live well in the future. Includes bibliographical references and index. Up to 85% of the Asperger's population are without full-time employment, though many have above-average intelligence. Rudy Simone, an adult with Asperger's Syndrome and an accomplished author, consultant, and musician, created this insightful resource to help employers, educators, and therapists accommodate this growing population, and to help people with Asperger's find and keep gainful employment. Rudy's candid advice is based on her personal experiences and the experiences of over fifty adults with Asperger's from all over the world, in addition to their employers and numerous

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experts in the field. Detailed lists provide balanced guidelines for success, while Rudy's "Interview Tips" and "Personal Job Map" tools will help Aspergians, young or old, find their employment niche. There is more to a job than what the tasks are: from social blunders, to sensory issues, to bullying by coworkers, Simone presents solutions to difficult challenges. Readers will be enriched, enlightened, and ready to work--together!

Shortlisted for the 2019 Mark Lynton History Prize A groundbreaking exploration of the chilling history behind an increasingly common diagnosis. Hans Asperger, the pioneer of autism and Asperger syndrome in Nazi Vienna, has been celebrated for his compassionate defense of children with disabilities. But in this groundbreaking book, prize-winning historian Edith Sheffer exposes that Asperger was not only involved in the racial policies of Hitler's Third Reich, he was complicit in the murder of children. As the Nazi regime slaughtered millions across Europe during World War Two, it sorted people according to race, religion, behavior, and physical condition for either treatment or elimination. Nazi psychiatrists targeted children with different kinds of minds—especially those thought to lack social skills—claiming the Reich had no place for them. Asperger and his colleagues endeavored to mold certain "autistic" children into productive citizens, while transferring others they deemed

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untreatable to Spiegelgrund, one of the Reich's deadliest child-killing centers. In the first comprehensive history of the links between autism and Nazism, Sheffer uncovers how a diagnosis common today emerged from the atrocities of the Third Reich. With vivid storytelling and wide-ranging research, *Asperger's Children* will move readers to rethink how societies assess, label, and treat those diagnosed with disabilities.

Asperger's Syndrome For Dummies covers everything that both people living with the condition and their families need to know. From explaining symptoms and getting a diagnosis, through to overcoming bullying in schools and choosing between the therapy and medical treatments available, this is a complete guide to surviving and thriving with the condition. *Asperger's Syndrome For Dummies* includes:

- Part I: Understanding Asperger's syndrome (AS)
- Chapter 1: Introducing Asperger's syndrome
- Chapter 2: Discovering the causes of Asperger's syndrome
- Chapter 3: Diagnosing Asperger's syndrome
- Part II: Living with Asperger's syndrome
- Chapter 4: Enjoying Life with Asperger's
- Chapter 5: Getting the most out of education and the workplace
- Chapter 6: Finding independence and advocating for your rights
- Part III: Supporting people with Asperger's syndrome
- Chapter 7: Parenting and Asperger's syndrome
- Chapter 8: Relating to adults with Asperger's syndrome
- Chapter 9: Creating an AS

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friendly environment Part IV: Discovering therapies, medication, diet and environments for AS Chapter 10: Navigating Behavioural Therapies for Asperger's Syndrome Chapter 11: Understanding medication and diet in Asperger's syndrome Part V: Part of Tens Chapter 12: Ten Organisations to go for help and information Chapter 13: Ten positives about living with Asperger's Chapter 14: Ten famous people who probably had Asperger's

Very Late Diagnosis of Asperger Syndrome (Autism Spectrum Disorder)How Seeking a Diagnosis in Adulthood Can Change Your LifeJessica Kingsley Publishers

If you've recently been diagnosed with ASD, or think you might be, or you are close to someone with ASD, one of the things you will like most about this book is the way in which it challenges the idea of autism as a 'disorder' or 'impairment'. Instead, Dr Luke Beardon will help you to reframe what you feel, and challenge what you know, about being on the spectrum. He explains how autism impacts on the individual, and what purpose a diagnosis might - or might not - serve. There is a lot of myth-busting, and dismantling of the stereotypes and clichés around ASD and areas like communication, social interaction and relationships. Practical tips for undiagnosed adults will help you navigate things like school, work, study, parenthood and even to understand what happens when autistic people

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break the law. Above all, this book is a celebration of what it means to be autistic - of the passion, honesty, humor, lack of ego, loyalty and trustworthiness that make you, or your loved one, such an amazing person.

Whip-smart, hilarious, and unapologetically honest, Rachel Lucas's *The State of Grace* is a heartwarming story of one girl trying to work out where she fits in, and whether she even wants to. "Sometimes I feel like everyone else was handed a copy of the rules for life and mine got lost." Grace is autistic and has her own way of looking at the world. She's got a horse and a best friend who understand her, and that's pretty much all she needs. But when Grace kisses Gabe and things start to change at home, the world doesn't make much sense to her any more. Suddenly everything threatens to fall apart, and it's up to Grace to fix it on her own. The difference that being female makes to the diagnosis, life and experiences of a person with an Autism Spectrum Disorder (ASD) has largely gone unresearched and unreported until recently. In this book Sarah Hendrickx has collected both academic research and personal stories about girls and women on the autism spectrum to present a picture of their feelings, thoughts and experiences at each stage of their lives. Outlining how autism presents differently and can hide itself in females and what the likely impact will be for them throughout their

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lifespan, the book looks at how females with ASD experience diagnosis, childhood, education, adolescence, friendships, sexuality, employment, pregnancy and parenting, and aging. It will provide invaluable guidance for the professionals who support these girls and women and it will offer women with autism a guiding light in interpreting and understanding their own life experiences through the experiences of others.

Designed for anyone thinking of starting or buying a business in Thailand, this guide is full of information on how to run a business in this Asian country. It includes practical tips by successful foreign business people from such different trades as guest house, bar trade, e-commerce, export, and restaurant.

Describes the characteristics of Asperger's syndrome and how it affects a child's life at home and school.

'Luke has years of valuable experience, and is always thinking and learning about autism' - Professor Nicola Martin

Have you recently been diagnosed as autistic? Do you suspect you might be autistic? If you've recently been diagnosed as autistic, think you may be or are close to someone who is, one of the things you will like most about this book is the way in which it challenges the idea of autism as a 'disorder' or 'impairment'. Instead, Dr Luke Beardon will help you to reframe what you feel, and challenge what you know, about being on the spectrum. He explains how autism impacts on the individual, and what purpose a diagnosis might - or might not - serve. There is a lot of myth-busting, and dismantling of the stereotypes and clichés around ASD and areas like communication, social interaction and relationships. Practical tips for undiagnosed adults will help

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you navigate things like school, work, study, parenthood and even to understand what happens when autistic people break the law. Above all, this book is a celebration of what it means to be autistic - of the passion, honesty, humour, lack of ego, loyalty and trustworthiness that make you, or your loved one, such an amazing person.

A guide to Asperger's syndrome describes what it is and how it is diagnosed, along with information on such topics as bullying, emotions, language, movement, cognitive ability, and long-term relationships.

The face of autism is changing. And more often than we realize, that face is wearing lipstick. *Autism in Heels*, an intimate memoir, reveals the woman inside one of autism's most prominent figures, Jennifer O'Toole. At the age of thirty-five, Jennifer was diagnosed with Asperger's syndrome, and for the first time in her life, things made sense. Now, Jennifer exposes the constant struggle between carefully crafted persona and authentic existence, editing the autism script with wit, candor, passion, and power. Her journey is one of reverse-self-discovery not only as an Aspie but--more importantly--as a thoroughly modern woman. Beyond being a memoir, *Autism in Heels* is a love letter to all women. It's a conversation starter. A game changer. And a firsthand account of what it is to walk in Jennifer's shoes (especially those iconic red stilettos). Whether it's bad perms or body image, sexuality or self-esteem, Jennifer's is as much a human journey as one on the spectrum. Because autism "looks a bit different in pink," most girls and women who fit the profile are not identified, facing years of avoidable anxiety, eating disorders, volatile relationships, self-harm, and stunted independence. Jennifer has been there, too. *Autism in Heels* takes that message to the mainstream. From her own struggles and self-discovery, she has built an empire of empowerment, inspiring women the world over to realize they

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aren't mistakes. They are misunderstood miracles.

Thousands of people live in Asperger marriages without recognizing the signs that their spouse has AS. When Swiss-born Katrin met Gavin while backpacking in Australia, she fell in love with a man that was kind, good looking and different. He followed her to Switzerland where they married eight months later. At first everything seemed fine, but once back in Australia things changed very drastically. Alone Together shares the struggle of one couple to rescue their marriage. It explains the clues that suggest a person might have AS and explores the effect of diagnosis. It is uplifting and humorous and includes plenty of tips for making an Asperger marriage succeed. This book offers couples hope, encouragement and strategies for their own relationships.

Rudy Simone covers 22 common areas of confusion for someone dating a female with AS, including advice from her own experience and that of other couples. She talks with humour and honesty about the little things that might be different from a relationship with a neurotypical woman and discusses first dates, sex, and even having children.

Subject: Girls with Asperger's Syndrome are less frequently diagnosed than boys, & even once symptoms have been recognized, help is often not readily available. The image of coping well presented by AS females can often mask difficulties, deficits, challenges, & loneliness.

A sensory portrait of an autistic mind From childhood, Laura James knew she was different. She struggled to cope in a world that often made no sense to her, as though her brain had its own operating system. It wasn't until she reached her forties that she found out why: Suddenly and surprisingly, she was diagnosed with autism. With a touching and searing honesty, Laura challenges everything we think we know about what it means to be autistic. Married with four children and a successful journalist, Laura examines the ways in

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which autism has shaped her career, her approach to motherhood, and her closest relationships. Laura's upbeat, witty writing offers new insight into the day-to-day struggles of living with autism, as her extreme attention to sensory detail--a common aspect of her autism--is fascinating to observe through her eyes. As Laura grapples with defining her own identity, she also looks at the unique benefits neurodiversity can bring. Lyrical and lush, *Odd Girl Out* shows how being different doesn't mean being less, and proves that it is never too late for any of us to find our rightful place in the world.

If you're in a relationship with someone who has Asperger's syndrome, it's likely that your partner sometimes seems cold and insensitive. Other times, he or she may have emotional outbursts for no apparent reason. And in those moments when you can't understand each other at all, you both feel fed up, frustrated, and confused. The behavior of people with Asperger's can be hard to understand and easy to misinterpret, which is why it's so important to learn more about your partner's condition. The tools presented in *Loving Someone with Asperger's Syndrome* will help you build intimacy and improve the way you and your partner communicate. Filled with assessments and exercises for both you and your partner, this book will help you forge a deeper, more fulfilling relationship. This book will teach you how to:

- Understand the effect of Asperger's syndrome on your partner
- Practice effective communication skills
- Constructively work through

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frustrations and fights • Establish relationship ground rules to help you fulfill each others' needs

This proposed volume will provide in-depth coverage about a construct known as the broad autism phenotype (BAP).

Discusses how parents can better understand their child and teach basic concepts, improve communication and learning abilities, and develop social skills.

Thomas Edison. Albert Einstein. Half of NASA.

These are all extremely intelligent, successful adults who made great contributions to society and who are also suspected of having the developmental disorder called Asperger Syndrome. This relatively new diagnosis is being increasingly applied to both children and adults-in fact, it is now seen as running in families. There are a lot of books on how to successfully raise children with AS, but until now, adults were left to figure it out on their own. Dr.

Juanita Lovett specializes in treating adults with AS and working with their families. In this book she shows those adults and their loved ones how to maximize the benefits of AS (including intense concentration, above-average intelligence, and high creativity) while minimizing the drawbacks (including lack of social skill, inability to connect emotionally with others, and propensity toward rage). This important new book will help thousands of adults with AS learn to live happier, more fulfilling lives.

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What if instead of being weird, shy, geeky or introverted, your brain is wired differently? For adults with undiagnosed autism spectrum disorder (ASD), there is often an "aha!" moment--when you realize that ASD just might be the explanation for why you've always felt so different. "I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults" begins from that "aha!" moment, addressing the many questions that follow. What do the symptoms of ASD look like in adults? Is getting a diagnosis worth it? What does an assessment consist of and how can you prepare for it? Cynthia Kim shares the information, insights, tips, suggestions and resources she gathered as part of her own journey from "aha!" to finally being diagnosed with Asperger's syndrome in her forties. This concise guide also addresses important aspects of living with ASD as a late-diagnosed adult, including coping with the emotional impact of discovering that you're autistic and deciding who to share your diagnosis with and how.

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