

Pretending To Be Normal Living With Aspergers Syndrome

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A Theory Jessica Kingsley Publishers
Based on academic research, experiences as a counselor specializing in this area and personal relationship experiences, the author uses quotations and real-life examples to illustrate her points with a compassionate understanding. Practical everyday topics include living and coping with AS, anger and AS, getting the message across, sex and AS, parenting, staying together, and "AS cannot be blamed for everything."
Diagnosis Asparagus Jessica Kingsley Publishers
"Billionaire Wilderness offers an unprecedented look inside the world of the ultra-wealthy and their relationship to the natural world, showing how the ultra-rich use nature to resolve key predicaments in their lives. Justin Farrell immerses himself in Teton County, Wyoming-both the richest county in the United States and the county with the nation's highest level of income inequality-to investigate interconnected questions about money, nature, and community in the twenty-first century. Farrell draws on three years of in-depth interviews with "ordinary" millionaires and the world's wealthiest billionaires, four years of in-person observation in the community, and original quantitative data to provide comprehensive and unique analytical insight on the ultra-wealthy. He also interviewed low-income workers who could speak to their experiences as employees for and members of the community with these wealthy people. He finds that the wealthy leverage nature to climb even higher on the socioeconomic ladder, and they use their engagement with nature and rural people as a way of

creating more virtuous and deserving versions of themselves. Billionaire Wilderness demonstrates that our contemporary understanding of the relationship between the ultra-wealthy and the environment is empirically shallow, and our reliance on reports of national economic trends distances us from the real experiences of these people and their local communities"--
How to Save a Perfectly Good Female Life Penguin
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 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.
A Really Good Day Jessica Kingsley Publishers
Barb Cook and 14 other autistic women describe life from a female autistic perspective, and present empowering, helpful and supportive insights from their personal experience for fellow autistic women. Michelle Garnett's comments validate and expand the experiences described from a clinician's perspective, and provide extensive recommendations. Autistic advocates including Liane Holliday Willey, Anita Lesko, Jeanette Purkis, Artemisia and Samantha Craft offer their personal guidance

on significant issues that particularly affect women, as well as those that are more general to autism. Contributors cover issues including growing up, identity, diversity, parenting, independence and self-care amongst many others. With great contributions from exceptional women, this is a truly well-rounded collection of knowledge and sage advice for any woman with autism.
Safety Skills for Asperger Women Jessica Kingsley Publishers
A highly readable, insightful and sometimes humorous account of autism assessment, diagnosis and life with a 'label'. Eva was diagnosed with Asperger Syndrome (ASD) at age 11 and is now a fun-loving, sociable 16-year-old. This book, co-written with her mother, a speech and language therapist, discusses their reasons for seeking a diagnosis, the process of being assessed, their reactions to the news and the impact it has had on Eva's life. It also considers how diagnosis has helped them find strategies to lessen the challenges of living with an ASD. Concluding that it doesn't really matter whether the name for the set of traits that characterise autism changes or what it changes to, this life-affirming book shows diagnosis to be a positive and empowering experience. It will be helpful to any family embarking on the assessment process as well as professionals looking for insight into a family's diagnosis journey.
My Journey Through Autism Jessica Kingsley Publishers
Rudy Simone covers 22 common areas of confusion for someone dating a female with AS and includes advice from her own

experience and from other partners in real relationships. She talks with humour and honesty about the quirks and sensitivities that you may come across when getting to know your partner. All the pivotal relationship landmarks are discussed, including the first date, sex, and even having children. This entertaining and easy-to-read book will be ideal for anyone dating, or in a relationship with, an AS female. Women with AS themselves, and their families and friends, will also enjoy the book and find it useful. Counsellors and other professionals working with women with AS will find the insight offered extremely enlightening.

Sold AAPC Publishing

Many people have feelings of stress and anxiety in their everyday lives. For people with Aspergers Syndrome this stress can be difficult to manage. This book is specifically written for adults with Aspergers Syndrome offers practical advice on how to better manage the stress in their lives.

Living with the Ups, the Downs, and Things in Between

Jessica Kingsley Publishers

Compelling and witty, Liane Holliday Willey's account of growing to adulthood as an undiagnosed 'Aspie' has been read by thousands of people on and off the autism spectrum since it was first published in 1999. Bringing her story up to date, including her diagnosis as an adult, and reflecting on the changes in attitude over 15 years, this expanded edition will continue to entertain (and inform) all those who would like to know a little more about how it feels to spend your life 'pretending to be normal'.

Black Like Me Jessica Kingsley Publishers

Hawkins guides readers through the process of gaining employment, from building a supportive team, addressing workplace challenges, to securing an appropriate post. The book includes practical tips on topics such as finding potential employers and creating a dazzling CV, as well as sensitive advice on assessing when somebody is ready for work.

A Pony in the Bedroom AAPC Publishing

Cynthia Kim explores all the quirkyness 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 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.

Essays and Poems by Spouses, Partners and Parents of Adults with Asperger Syndrome Profile Books

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 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.

Ask and Tell Jessica Kingsley Publishers

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 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!

Atypical Simon and Schuster

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."

Billionaire Wilderness Jessica Kingsley Publishers

Reflecting the views of parents, professionals and those with AS themselves, this book tackles issues that are pertinent to all teenagers, such as sexuality, depression and friendship, as well as topics like disclosure and therapeutic alternatives that are more specific to those with AS. This book is an essential survival guide to adolescence.

Pretending to be Normal Wings Press

Susan Dunne's life changed forever when a chance question from a doctor led her back to horses, an unfulfilled childhood passion. Detached and isolated due to undiagnosed autism, Susan had already survived rape, battled eating disorders and self-harm, and spent time homeless, when her world was turned upside again by a vicious, life-threatening assault. Severe post-traumatic stress disorder left her feeling distrustful and more cut off than ever before from a world she saw as confusing and dangerous. But as Susan's connection with horses grew stronger, her world started to open up. Poignant and witty by turns, Susan shares her story of survival and transformation, offering a rare insight into her relationship with horses, and how they helped her to find a safe place in the world.

Pretending to be Normal Crown

Liane Holliday Willey and one of her daughters both have Asperger Syndrome. In Asperger Syndrome in the Family she looks, with honesty, wisdom and humor, at the implications this has for her family, both the Aspie and the non-Aspie members. Through personal vignettes, frank discussions and practical suggestions for dealing with everything from major to minor Aspie challenges, Liane, her husband and their three daughters bravely open their home to their readers, inviting them to look behind the curtains at their version of Aspie life. Not only does the book underscore the importance of mutual support and respect in an Aspie family - in fact in any family - it offers practical help for families in similar situations. This is a rich and positive book that will speak to all those whose lives have been affected by Asperger Syndrome.

Aspergirls Simon & Schuster

In a moving and inspirational memoir, the author tells the remarkable story of her journey out of the isolation of Asperger's Syndrome, and of the role played by a family of captive gorillas in her transformation.

An Aspie's Guide to Life on Earth Simon and Schuster

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.

Nerdy, Shy, and Socially Inappropriate Jessica Kingsley Publishers

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 aren't mistakes. They are misunderstood miracles.

22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know Penguin

The #1 New York Times bestselling (mostly true) memoir from the hilarious author of *Furiously Happy*. "Gaspingly funny and wonderfully inappropriate."—O, The Oprah Magazine When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent *Let's Pretend This Never Happened*, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives. Readers Guide Inside