

The Other Half Of Asperger Syndrome A Guide To Living In An Intimate Relationship With A Partner Who Has Asperger Syndrome

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Aspergers in Love - Maxine Aston 2003-03-14

Asperger syndrome (AS) has often been considered to be incompatible with love and relationships, but as the number of people who are diagnosed with the disorder increases, it is becoming apparent that people with AS can and do have full and intimate relationships. Comparing and contrasting both AS and non-AS partners' viewpoints, this book frankly examines the fundamental aspects of relationships that are often complicated by the disorder. With all findings illustrated with case examples taken from interviews conducted with couples, the author tackles issues such as attraction, trust, communication, sex and intimacy, and parenting. Drawing on her extensive research and established career as a Relate counsellor, Maxine Aston has produced a much-needed analysis of intimate relationships where one adult has AS and this book is a must for all those with AS and their partners, as well as for friends, family and counsellors.

Look Me in the Eye - John Elder Robison 2007-09-25

NEW YORK TIMES BESTSELLER • "As sweet and funny and sad and true and heartfelt a memoir as one could find." —from the foreword by Augusten Burroughs Ever since he was young, John Robison longed to connect with other people, but by the time he was a teenager, his odd habits—an inclination to blurt out non sequiturs, avoid eye contact, dismantle radios, and dig five-foot holes (and stick his younger brother, Augusten Burroughs, in them)—had earned him the label "social deviant." It was not until he was forty that he was diagnosed with a form of autism called Asperger's syndrome. That understanding transformed the way he saw himself—and the world. A born storyteller, Robison has written a moving, darkly funny memoir about a life that has taken him from developing exploding guitars for KISS to building a family of his own. It's a strange, sly, indelible account—sometimes alien yet always deeply human.

The Autism Couple's Workbook, Second Edition - Maxine Aston 2020-10-21

This updated edition of Maxine Aston's workbook is packed full of insightful, helpful and easily accessible activities for couples where one or both partners is on the autism spectrum to understand and accept their differences. This book expands on topics including verbal and non-verbal communication, sexual issues, socialising and parenting, with case studies from couples who have successfully worked through their issues. This edition is fully updated for the DSM-V and features new research into alexithymia, further insights into couples counselling, digital communication and sensory sensitivity, with new worksheets and opportunities for collaboration and reflection. Combining advice, guidance and activities, this book can be used independently by a couple at home or in conjunction with a therapist, encouraging communication and empathy to help make a neurodiverse relationship successful.

Love, Sex and Long-term Relationships - Sarah Hendrickx 2008

"This accessible book is an invaluable source of information and support for couples in which one or both partners has Asperger Syndrome, as well as counsellors and health and social care professionals."--BOOK JACKET.

The Asperger Couple's Workbook - Maxine C. Aston 2009

Aston has created this workbook to help couples where one partner has AS. With candid advice, activities and worksheets, she explores a variety of

approaches. She identifies specific issues, such verbal and non-verbal communication, sexual issues, socializing and parenting, and comes up with simple and effective ways of addressing these issues.

The Partner's Guide to Asperger Syndrome - Susan J. Moreno 2011-12-15

Adults with Asperger Syndrome (AS) often have difficulties acquiring relationship skills due to the defining characteristics of the syndrome, experiences with peers during childhood and adolescence, and the expectations of their partners. However, an increasing number do go on to achieve happy and successful long-term relationships with non-spectrum (NS) partners. This supportive book will give NS partners a better understanding of NS/AS relationships, and of what other NS partners have found to be helpful in terms of better understanding themselves and their partners, and enriching their relationships. Drawing on interviews with over 100 people in NS/AS relationships, as well as on their own experiences of having family members on the autism spectrum, the authors explore the key differences which may impact upon AS/NS relationships, such as communication, social skills, and sensory issues, and offer tried-and-tested advice on how to surmount difficulties and make things work. The book includes chapters on coping with stress and meltdowns, parenting, positive AS qualities and how to use them to their full advantage in a relationship, as well as advice on how the NS partner can ensure that their own needs are met. This book will provide support and encouragement to those in a relationship with someone who has been diagnosed with AS, or who is suspected of having AS, and will also be a useful resource for counsellors and other professionals who wish to deepen their understanding of AS/NS relationships.

Asperger's and Girls - Tony Attwood 2006

World-renowned experts join those with Asperger's Syndrome to resolve issues that girls and women face every day!

Alone Together - Katrin Bentley 2007

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 as Asperger marriage succeed. This book offers couples hope, encouragement and strategies for their own relationships.

Asperger Syndrome (Autism Spectrum Disorder) and Long-Term Relationships - Ashley Stanford 2014-10-21

Happily married to her husband with Asperger Syndrome for 25 years, Ashley Stanford is an expert on how Autism Spectrum Disorder (ASD) can affect a relationship and her bestselling book has helped thousands of couples. Brought fully up to date, this second edition clarifies the new DSM-5 diagnostic criteria and explains how, without a solid awareness of the condition, ASD behaviors can easily be misinterpreted. Stanford's book provides a wealth of strategies for living with the more uncompromising

aspects of ASD, pointing out that ASD also brings enormous strengths to a relationship. It shows how understanding the intentions, motivations and reasoning behind ASD behaviors can lead to better communication, relief of tension, and ultimately to a happier, more mutually fulfilling relationship.

A Guide to Asperger Syndrome - Christopher Gillberg 2002-07-25

This is an accessible 2002 handbook for all those touched by Asperger syndrome; clinicians, those affected and carers alike.

Loving Someone with Asperger's Syndrome - Cindy Ariel 2012-03-01

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

House Rules - Jodi Picoult 2010-04-03

From the #1 New York Times bestselling author of *Small Great Things* and the modern classics *My Sister's Keeper*, *The Storyteller*, and more, comes a "complex, compassionate, and smart" (*The Washington Post*) novel about a family torn apart by a murder accusation. When your son can't look you in the eye...does that mean he's guilty? Jacob Hunt is a teen with Asperger's syndrome. He's hopeless at reading social cues or expressing himself well to others, though he is brilliant in many ways. He has a special focus on one subject—forensic analysis. A police scanner in his room clues him in to crime scenes, and he's always showing up and telling the cops what to do. And he's usually right. But when Jacob's small hometown is rocked by a terrible murder, law enforcement comes to him. Jacob's behaviors are hallmark Asperger's, but they look a lot like guilt to the local police. Suddenly the Hunt family, who only want to fit in, are thrust directly in the spotlight. For Jacob's mother, it's a brutal reminder of the intolerance and misunderstanding that always threaten her family. For his brother, it's another indication why nothing is normal because of Jacob. And for the frightened small town, the soul-searing question looms: Did Jacob commit murder? *House Rules* is "a provocative story in which [Picoult] explores the pain of trying to comprehend the people we love—and reminds us that the truth often travels in disguise" (*People*).

Love and Asperger's - Kate McNulty 2020-10-27

Everyday techniques to strengthen empathy and connection in neurodiverse couples Life with a partner whose neurotype is different than yours is filled with moments that are surprising, unique, and sometimes challenging. If one of you has an Aspergers profile and the other is neurotypical, *Love and Aspergers* is a helpful and inclusive guide to understanding the nature of your relationship and navigating its particular obstacles without losing sight of what's important. You'll read engaging and realistic scenarios that depict couples going through similar issues, combined with practical, evidence-based solutions that address the needs and perspectives of both partners equally. *Love and Aspergers* helps you: Work together--Find easy ways to improve communication, cultivate emotional and physical intimacy, and maintain a commitment to learning about each other. Appreciate your differences--Discover a window into the inner world of your partner, and the ways in which their experiences differ from yours so you can convey your own perspective more effectively. Break through the stereotypes--Sort out myths and facts about Aspergers so you can understand neurotypical and neurodiverse thinking, and make your life together as a couple more loving and more rewarding. Deepen your relationship and your communication with *Love and Aspergers*.

Living Well on the Spectrum - Valerie L. Gaus 2011-06-09

Navigating the "neurotypical" world with Asperger syndrome or high-functioning autism (AS/HFA) can be extremely stressful. But by understanding the specific ways your brain works differently--and how to tap into your personal strengths--you can greatly enhance your well-being. In this wise and practical book, experienced therapist Valerie L. Gaus helps you identify goals that will make your life better and take concrete steps to achieve them. Grounded in psychological science, the techniques in this book help you: *Learn the unspoken rules of social situations.*Improve your communication skills.*Get organized at home and at work.*Manage anxiety and depression.*Strengthen your relationships with family and friends.*Live more successfully on your own or with others. A wealth of stories, questionnaires, worksheets, and concrete examples help you find personalized solutions to problems you are likely to encounter. You can download and print additional copies of the worksheets for repeated use. Of special note, the Introduction was updated in 2017 with the latest information on how autism spectrum disorder is defined in DSM-5. Finally, a compassionate, knowledgeable, positive guide to living well on the spectrum.

What Men with Asperger Syndrome Want to Know about Women, Dating and Relationships - Maxine Aston 2012

Helps men with Asperger's understand the emotional side to relationships and women's needs, thus improving their confidence. Original.

Marriage and Lasting Relationships with Asperger's Syndrome (Autism Spectrum Disorder) - Eva A. Mendes 2015-07-21

Proven counseling strategies that will help improve the relationships of married, long-term or co-habiting couples with Asperger's Syndrome (Autism Spectrum Disorder). ASD relationship expert Eva A. Mendes provides advice straight from the couples' counselling room that can be applied in day-to-day living and help with the challenges that can arise in relationships where one or both partners are on the autism spectrum. This includes issues surrounding diagnosis, mental health, sexual compatibility, sensory needs, executive functioning, theory of mind, communication, and co-parenting. She offers unique practical ideas for positive change such as creating a relationship schedule, making expression of appreciation and gratitude a part of every day, and finding mutually satisfying activities and special interests to engage in with your partner. The strategies in this book will be useful to couples themselves and any couples' counselors or therapists working with them.

The Curious Incident of the Dog in the Night-Time - Mark Haddon 2009-02-24

A bestselling modern classic—both poignant and funny—narrated by a fifteen year old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions. Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. Although gifted with a superbly logical brain, Christopher is autistic. Everyday interactions and admonishments have little meaning for him. At fifteen, Christopher's carefully constructed world falls apart when he finds his neighbour's dog Wellington impaled on a garden fork, and he is initially blamed for the killing. Christopher decides that he will track down the real killer, and turns to his favourite fictional character, the impeccably logical Sherlock Holmes, for inspiration. But the investigation leads him down some unexpected paths and ultimately brings him face to face with the dissolution of his parents' marriage. As Christopher tries to deal with the crisis within his own family, the narrative draws readers into the workings of Christopher's mind. And herein lies the key to the brilliance of Mark Haddon's choice of narrator: The most wrenching of emotional moments are chronicled by a boy who cannot fathom emotions. The effect is dazzling, making for one of the freshest debut in years: a comedy, a tearjerker, a mystery story, a novel of exceptional literary merit that is great fun to read.

Asperger's Syndrome and Sexuality - Isabelle Henault 2005-09-28

Playing the dating game is often tricky: all the more so for individuals with Asperger's Syndrome. How do AS adolescents and their families cope with sexual feelings and behaviour? What help can be given if a man with AS

oversteps the mark in expressing his sexuality? How do people with AS deal with intimacy and communication in sexual relationships? In this comprehensive and unique guide, Isabelle Hénault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counsellors and individuals with AS themselves.

Asperger's Syndrome and Jail - Will Attwood 2018-09-21

Will Attwood was finishing a three-year sentence in prison when he was formally diagnosed with Asperger's syndrome for the first time. After his diagnosis he recognised just how much it had been affecting his life behind bars. This book is a practical advice guide for people with autism who have been sentenced to time in prison. Will shares his first-hand knowledge of what to expect and how to behave within the penal system. He sheds light on topics that are important for people with autism, answering questions such as: How should you act with inmates and guards? How do you avoid trouble? What about a prison's environmental stimuli may cause you anxiety? His thoughtful, measured writing debunks rumours about daily life in prison, and the useful tips and observations he offers will help anyone with autism prepare for the realities of spending time incarcerated, and be enormously helpful to those working with offenders on the autism spectrum.

The Other Half of Asperger Syndrome - Maxine Aston 2001

Maxine has explored the relationships of adults with Asperger syndrome as a Relate counsellor, from her own experience and through academic research. She makes extensive use of case studies and her insight is acute. Her positive attitude and strategies for successful relationships make this an essential book for couples and counsellors. Maxine has explored the relationships of adults with Asperger syndrome as a Relate counsellor, from her own personal experience and as part of her academic research. She makes extensive use of case studies and her insight is extraordinary. Her positive attitude and strategies for successful relationships make this an essential book for couples and counsellors.

An Asperger Marriage - Chris Slater-Walker 2002-01-01

When Chris Slater-Walker was diagnosed with Asperger Syndrome it explained why he regarded himself as "socially handicapped", but for Gisela it meant coming to terms with a marriage without any intuitive understanding. This is an account of living with AS, often thought incompatible with marriage.

Freaks, Geeks and Asperger Syndrome - Luke Jackson 2002-01-01

Offers insights by a teenager with Asperger's syndrome into the difficulties of the disorder, including information on fascinations and obsessions, sensory perception, sleep, bullies, moral dilemmas, eating, and socializing.

The Other Half of Asperger Syndrome (Autism Spectrum Disorder) - Maxine Aston 2014-02-21

Does your other half have Asperger Syndrome or do you suspect that he or she is on the autism spectrum? This quick and helpful relationships guide provides all the information you need for relationship success with your ASD partner. In the second edition of this best-selling book, Maxine Aston draws on over a decade of experience working with couples affected by Autism Spectrum Disorder. Updates include reference to recent research and information on same sex relationships, sensory issues and pregnancy. Full of bite-size tips and advice, the book explains Asperger Syndrome, discusses whether or not seeking an autism diagnosis will help, and offers simple strategies for coping with a range of relationship challenges including communication, social, and intimacy difficulties.

Loving Mr. Spock - Barbara Jacobs 2004-11

As a popular advice columnist in the UK, Barbara Jacobs never suspected she'd be the one needing the relationship advice. But when she fell in love with Danny, a man with Asperger's Syndrome, she quickly learned to expect the unexpected. In this book, Barbara candidly delves into the dynamics of their relationship. She lovingly compares Danny to Mr. Spock, a character who thrives on logic rather than emotion, while admitting that she was quite opposite. Join Barbara and Danny on their tumultuous journey in love, and

learn about Asperger's along the way through figures, diagnostic guidelines, quotes and surveys by other couples, and more. If you love someone with Asperger's, or have Asperger's yourself, you can learn a lot from this book. Note: This book addresses some mature topics. Helpful chapters include: The Handsome Stranger Syndrome First Steps in a Parallel Universe Other-wired Bringing Up Baby A Working Model Breakthrough Nuts and Bolts

22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know - Rudy Simone 2012

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.

What Men with Asperger Syndrome Want to Know About Women, Dating and Relationships - Maxine Aston 2012-07-15

Positive, practical and realistic, this book offers a wealth of information on women, dating and relationships for men with Asperger Syndrome (AS). Many AS men are totally confused and bewildered by women and relationships and find it hard to know what to do, what to say and how to get it right. For these men, understanding the emotional side to relationships and women's needs can be a complete mystery and they often get it disastrously wrong. This practical handbook provides the answers to Asperger men's most frequently asked questions about women, dating and relationships, helping them to understand the way relationships work and increasing their confidence and ability to have successful relationships. This comprehensive handbook is essential reading for men with Asperger Syndrome (and their partners). It will also be of immeasurable use to counsellors and other professionals working with such individuals.

The Complete Guide to Asperger's Syndrome - Tony Attwood 2007

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.

Autism and Asperger Syndrome - Uta Frith 1991-10-17

In this volume several of the major experts in the field discuss the diagnostic criteria of Asperger syndrome.

Glass Half-Empty, Glass Half-Full - Chris Mitchell 2005-07-21

Chris Mitchell was 20 when he was diagnosed with Asperger syndrome. Both his academic success and the horrendous bullying he suffered highlight the mixed blessings of mainstream education for a child with Asperger syndrome. While his eventual success is heartwarming, from today's understanding of Asperger, the ignorance and hostility Mitchell faced throughout his early life are shocking' - TES Extra for Special Needs 'This autobiographical account of a young man's discovery that Asperger's syndrome could explain his early problems and provide light at the end of the tunnel, is both insightful and inspiring. Parents of children with Asperger's syndrome and also older "aspies" will profit from Chris's hard won experience' - Dyslexia Contact '[This] is a straightforward read, full of concrete examples of how Asperger's syndrome affects the individual but at the same time acknowledging that every individual is different. Having experienced first-hand the vulnerability of the adolescent with Asperger's syndrome, desperate to make connections with those around him but constantly being knocked back, I was delighted to read about the friendships [Chris Mitchell] eventually establishes when he takes the brave decision to make contacts through the web and sets out on his travels. I would particularly recommend this book to those with little knowledge of Asperger's syndrome, especially for anyone involved in helping those with a diagnosis of Asperger's syndrome through further education' - British Journal of Special Education 'This book is a 'must-read' for any parents of children with Aspergers syndrome and also older aspies themselves. They will be able to relate to the slightly quirky writing style and profit from Chris's hard won experience. These children are so individualistic and often isolated from like minds, so the book will provide some solace that there are other people like them' - Judith Stansfield, Chair North Richmondshire Community Partnership SEN ICT Consultant NASEN ICT Group BDACC Reviews and Literature Editor 'This book shows how one

individual with very severe handicaps due to Asperger's Syndrome won through in the end and achieved despite such a poor beginning. This is a book which should be read by anyone who has been diagnosed with Asperger's Syndrome or feels he or she might have this condition' - Dr L F Lowenstein, National Association Gifted Children Newsletter 'This is an unusual book in that it is written by a man where most autobiographical books about autism are written by women. It is both very readable and well-written, with a detached and honest account of his childhood, family life and life prior to diagnosis. He gets on well with his family, and they are happy that he has written this book, and happy with the book, despite some implied criticism of how they brought him up. Indeed, it comes across as less aggressive than some accounts, so it is particularly insightful for parents and other empathotypicals who might find more black-and-white descriptions of their mistakes hurtful. As with every book written by someone on the spectrum that I have seen, it is a short book, giving a snapshot of his difficulties and joys before and also after his diagnosis, giving highlights of specific problems and pleasures. Overall I think it would be a good book for someone who recognises himself in the author, or as a starting point for deepening your understanding of your brother, son or friend, or, if you are already interested in this condition, to broaden your understanding of the ways that it present itself' - Asperger United '[A]n especially uplifting read for a young person or adult newly diagnosed with Asperger's Syndrome. It also would help those unfamiliar with Asperger's Syndrome to understand the condition much better' - REACH This gripping and at times astonishing story will be inspirational to all adults either facing Asperger's Syndrome personally or interacting with someone who has been diagnosed. In his own imitable style, Chris Mitchell describes his life before and after diagnosis with Asperger's Syndrome. We follow Chris through primary and secondary school, where his lack of social interaction and anger continually land him in trouble, and where he is bullied for being different. Only his excellent memory and specialist interests enable him to continue, and pass his GCSEs and a GNVQ in Media Studies. At university he is diagnosed with Asperger's Syndrome. Suddenly his life makes more sense, and his self-awareness means his self-confidence returns, resulting in world travel, a Masters qualification in Information and Library Management and finally, acceptance. Chris Mitchell is a Records Assistant at Durham County Record Office, and also does public speaking on the subject of Asperger's Syndrome.

Asperger Syndrome and Long-term Relationships - Ashley Stanford 2003
First published in 2002. Routledge is an imprint of Taylor & Francis, an informa company.

Asperger's Syndrome For Dummies - Georgina Gomez de la Cuesta
2010-12-17

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 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

Asperger Syndrome and Anxiety - Nick Dubin 2009

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.

22 Things a Woman Must Know If She Loves a Man with Asperger's Syndrome - Rudy Simone 2009-05-15

Although having Asperger Syndrome (AS) can make romantic relations difficult, having a fulfilling relationship with an Asperger man is certainly not impossible. A woman in love with a man with AS may interpret his difficulties with communication and socialization as a lack of interest in the relationship. He may vacillate between being gentle and caring to seeming cold and distant. She may find his behaviour hard to understand, resulting in feelings of loneliness, isolation, and confusion. This book shows how to overcome these difficulties and maintain a loving relationship with an AS partner. From an unwillingness to show affection in public or even sleep in the same bed to problems holding down a job, this book looks at 22 common traits that women may discover when they are dating, living with or married to a man with Asperger's Syndrome. Rudy Simone explores the complications of Asperger's relationships with honesty and understanding, drawing on research and personal experience to inform and advise women with AS partners. She offers helpful tips for improving the relationship and finding fulfillment both individually and as a couple. This book will help women to understand the male Asperger's mind and, equally, it can help men with AS to see things from their partner's perspective. It will also be of interest to counsellors working with couples where the male partner has Asperger's Syndrome.

Asperger Syndrome and Adults... Is Anyone Listening? - Karen Rodman
2003-09-15

'This short book, a collection of essays and poems, looks at the loneliness, frustration and sadness experienced, not by the person with the syndrome, but by their partners, parents and other family members: it is they who have to cope with the absence of communication, affection and empathy expected from a reciprocal loving relationship.' - Irish Journal of Medical Science The difficulties faced by people with Asperger's Syndrome (AS) cannot be underestimated, but the emotional problems experienced by those who support them - partners, family and friends - are often over-looked. Focusing on what is referred to as the Cassandra phenomenon, where the neurotypical partner often needs more emotional guidance than the AS partner, this volume gathers together letters, thoughts and poems to give voice to the loneliness, frustration and love felt by many individuals who are close to one or more people with AS. Assembled by FAAAS Inc. (Families of Adults Afflicted with Asperger's Syndrome), a well-known support group specifically for family members, friends and loved ones of people with AS, this collection will provide the emotional support, insight and understanding needed to deal with the emotions that AS evokes within close relationships.

Aspergirls - Rudy Simone 2010

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.

Pretending to be Normal - Liane Holliday Willey 1999-05-01

'This accomplished author demonstrates incredible insight into her AS, and how it has shaped her life. She is courageous in sharing with the reader moments clearly painful to recall, which offers parents a rare peek inside the world of their children. At times mesmerized by her poetic style, Willey is the first AS author to effectively convey the emotion and isolation experienced by these individuals.' -ASPEN Newsletter 'For families living with "Aspies" and professionals working with them, this is highly recommended to further understand the challenges of Asperger Syndrome' - Joan Wheeler, CoOrdinator, Regional Services 'This autobiographical narrative details the life of a woman with Aspergers Syndrome (AS), a mild form of autism. It focuses on the obstacles she confronts, her means of overcoming them, and her ultimate recognition and acceptance of her status as an "aspie"...The book will be an aid for people who have AS and it may be even more useful for those who do not have it, but who are close to someone

who does.' - Disability Studies Quarterly 'The book will be of great benefit to everyone concerned to help children and adults with mild Asperger's syndrome, but most of all to the people who are themselves affected.' - Child Psychology and Psychiatry 'The author is a university lecturer who found that many of the puzzles of her own life fell into perspective when, after several years of knowing one of her twin daughters was different from the other, she eventually found someone who listened and explained Asperger's Syndrome. She vividly describes her own difficulties and emotions as she herself grew up with Asperger's Syndrome...Her story is told simply and through it we gain insight into what it is like to lose your way in your own home town, be assaulted by your heightened senses and attempt to unravel the mysteries of social communication. In the appendices she describes the strategies that have been of most help to her. This book is a testimony to the exceptional qualities of those who have Asperger's Syndrome.' - Therapy Weekly 'Before reading this book I had some academic knowledge of the symptoms of Asperger's Syndrome which had stimulated my curiosity about what it might be like to suffer from the condition. I looked forward to reading the book to see if it would help me to understand how a person with Asperger's might think and feel. I was not disappointed. The book is well written and easy to read and I found it hard to put down. I felt the author's descriptions of her struggles to communicate with others and cope with sensory overload gave me a real insight into how Liane thinks and feels. It also gave me food for thought about conformity pressures in our society and how we treat people who seem different from the norm...This is a hopeful and optimistic book. Liane is a doctor of education and she is happily married with three children. I used the words "suffer from Asperger's syndrome" deliberately in the first paragraph as that is how I saw it. Liane has a different view - she does not minimise the difficulties she has had to face but she does not wish she was different. She challenges us to think about what we mean by the word 'normal' and to be less rigid in our thinking about 'normal' behaviour. I believe this is a valuable read for all counsellors and will give them much food for thought. Asperger's syndrome occurs with varying levels of severity. Hopefully, reading the book will help counsellors to work more effectively with clients who may have the syndrome to some degree and to avoid labelling them as difficult. It would also be very useful for clients where they or one of their relatives might have Asperger's Syndrome.' - Relate News 'Liane's autobiography will allow others to understand the world as perceived by a person with Asperger's Syndrome ... I strongly recommend this book for teachers as it will provide the previously elusive reasons for behaviours that were considered unconventional or appeared to be abnormal. Specialists and therapists who diagnose and treat such children will find the book a treasure trove of information and insight ... [this] book will be an inspiration for thousands of people throughout the world.' - From the Foreword by Tony Attwood 'This accomplished author demonstrates incredible insight into her AS, and how it has shaped her life. She is courageous in sharing with the reader moments clearly painful to recall, which offers parents a rare peek inside the world of their children. At times mesmerized by her poetic style, Willey is the first AS author to effectively convey the emotion and isolation experienced by these individuals.' - ASPEN Newsletter

Life with a Partner Or Spouse with Asperger Syndrome - Kathy Marshack 2009

Delve into the dramatic impact Asperger Syndrome can have on the complex world of adult interpersonal relationships. Psychologist Kathy Marshack shares poignant true stories based on her own life and the lives of her clients, focusing on how partners/spouses of someone with AS can take back their own life and find true meaning and happiness. The author discusses these

sensitive issues and shows readers how to take control of their lives and grow away from dysfunctional behavior and dysfunctional relationships. Each chapter closes with a series of "Lessons Learned" that recap the main points of the chapter and offer new ways to look at these very unique challenges.

- Matthew Tinsley 2008-06-15

Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. Utilising their professional and personal experience, the authors provide an overview of ASDs and of alcohol abuse, and explore current knowledge about where the two overlap. Tinsley explores his own personal history as someone with an ASD who has experienced and beaten alcohol addiction. He discusses how the impact of his ~~Major Lifetime Diagnosis of Asperger's Syndrome (Autism Spectrum Disorder)~~ recovery, and how by viewing his life through the prism of autism, his confusion has been replaced by a greater understanding of himself and the world around him. This inspiring book on an under-researched area will be of interest to professionals working with people with ASDs, as well as individuals with ASDs who may be dealing with alcohol or substance misuse, and their families.

Philip Wylie 2014-08-21

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 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.

The Journal of Best Practices - David Finch 2012-01-03

The warm and hilarious bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage. At some point in nearly every marriage, a wife finds herself asking, What the @#!% is wrong with my husband?! In David Finch's case, this turns out to be an apt question. Five years after he married Kristen, the love of his life, they learn that he has Asperger syndrome. The diagnosis explains David's ever-growing list of quirks and compulsions, but it doesn't make him any easier to live with. Determined to change, David sets out to understand Asperger syndrome and learn to be a better husband with an endearing yet hilarious zeal. His methods for improving his marriage involve excessive note-taking, performance reviews, and most of all, the Journal of Best Practices: a collection of hundreds of maxims and hard-won epiphanies, including "Don't change the radio station when she's singing along" and "Apologies do not count when you shout them." Over the course of two years, David transforms himself from the world's most trying husband to the husband who tries the hardest. He becomes the husband he'd always meant to be. Filled with humor and surprising wisdom, The Journal of Best Practices is a candid story of ruthless self-improvement, a unique window into living with an autism spectrum condition, and proof that a true heart can conquer all.