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**"Brains are like snowflakes – no two are alike."  
— Rebecca Reitman**



# **ASPERTOOLS**

**The Practical Guide for  
Understanding and Embracing Asperger's,  
Autism Spectrum Disorders,  
and Neurodiversity**

**Harold Reitman, M.D.  
with Patti Fizzano and Rebecca Reitman**

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Harold Reitman

## Aspertools: The Practical Guide for Understanding and Embracing Asperger' s, Autism Spectrum Disorders, and Neurodiversity



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If you ask Dr. One size will not fit all. After reviewing the scientific community's analysis, conducted during the last nearly 40 years, Dr. Harold Reitman, labels are a lousy way to describe a unique individual, be it Asperger's, high working autism, ADHD, dyslexia, Tourette's or even the so-called neurotypical human brain itself. Our educational system, our workplaces, and culture at large won't be one size fits all?each individual will have the opportunity to maximize their potential?and we are the better for it. It's also why he wrote and produced The Square Root of 2, a movie in regards to a college student who encounters?and fights?her school's unjust program. her seizure disorder and?at the period?undiagnosed Asperger syndrome posed unique challenges not faced by most college students. The film was influenced by the real occasions faced by his girl and contributing writer, Rebecca, when she visited college; Everyone's brain is different. Reitman believes that it is time to not just acknowledge neurodiversity, but to embrace it, and this book will help people do just that. It is the first book to offer simple tools, action programs and resources to help understand and cope with anyone whose mind is a bit different. The astonishing price of autism births alone (1 in 68) implies that society will have to adapt to neurodiversity, just as it has had to adjust to other cultural and racial differences. Helping others 'get it' when it comes to dealing with those with so-known as learning disabilities is excatly why Reitman has created this book.



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very practical and useful publication ! I took off one superstar because I felt just like the author may have figured all introverts are Aspies too. Who hasn't encountered someone who has Asperger's characteristics or syndrome or who falls on the autism spectrum disorder? Reitman's book. So useful for those who want to understand the world of Aspies and how exactly to love them well. Also useful for Aspies themselves. However I would recommend this publication for all parents, not only those whose children cope with neurodiversity because it provides guidelines for observing, analyzing and respecting the stimulation level that individual kids can tolerate. Harold Reitman writes this reserve as he's searching back on his relationship with his child after learning even more about her analysis. Heitman brings to the book a wide base of understanding in neurology and medical sciences. Very practical Five Stars Most practical guidebook for those who are high functioning. A Wonderful Resource for Professionals As a psychoanalyst who spent some time working with children diagnosed with Autistic Spectrum Disorders, I was impressed with Dr. Reitman's exceptional book which really is a tremendous source for professionals who frequently are asked to recommend reading material to help parents work with their children. This book was readable and understand This book was readable and understand. His child tutors kids with Asperger's so she can help them and understand their needs because she has the same condition! Dr. Dr. Reitman offers made a compliment worthy contribution. Demetria DeLia, Ph. A great go through for everybody touched by Asperger Syndrome This is a fantastic book written in clear and concise language. the first rung on the ladder toward the purpose of acceptance is certainly education. Heitman brings to the book a wide base . Must be read by every teacher EVERY TEACHER<. Dr. Good book Very helpful book whenever using autistic children SPD/ADHD/ASD/etc not only for autism! I love that it emphasized individual differences and that neurodiversity is now more the rule than the exception. D. Everyone irrespective of any shade of neuro-diversity ought to be treated as an individual with gifts. Whether you are not used to autism or a practiced professional, you will see the information very helpful. population of kids between the ages of three and seventeen have got an autism spectrum disorder. Just the requirements without longer medical language. I am recommending it to my university learners along with the parents of the people I work with. Misleading title, but general offers good basic understanding for parents This book, compiled by a neurotypical person, is effective on a basic level for those who are parents or care takers of individuals with aspergers. I still possess much to understand but this publication helped me understand many fundamental principals. For those not used to the diagnoses it provides a way in to understanding the basics of how those with aspergers experience daily life and its own struggles. It touches on many different challenges (from time management to emotional regulation and even more) and offers solutions that can be put on those with a large selection of executive dysfunction (like ADHD) or learning disabilities beyond an aspergers diagnosis as well. Unfortunately, he does not give any revelatory "aspertools" for the people with aspergers themselves and often comes off as patronizing as if the parent is the one who needs to regulate everything for their child. This is discourteous to those that cope with executive dysfunction in their own lives, and may appear to be dis-empowering if you are a aspie reading this yourself. Kudos to writer Harold Reitman for advancing understanding and advocacy for everybody! This book is an important read. Readable, brief chapters about each trait of Asperger's. The publication offers practical tools, at least a few of which are likely to be useful for a wide target audience. Each chapter tackles a fresh topic highly relevant to Asperger's characteristics. The formatting left a lot to be desired, however the intention is great. I would recommend it to parents, teachers, friends and family of anyone regarded as atypical. Very practical book for individuals who are family and friends of Aspies. Dr. I feel that over-diagnosing has turned into a bit of a problem in present day society. Provides useful equipment and helps readers understand what life may be like for folks on the spectrum I like that this book offers 3 different perspectives on coping with autism spectrum disorders and other styles of neurological differences. As the writer is a medical doctor, he is composing from the perspective of the parent of an adult child using what used to end up being known as Asperger's syndrome. The reserve also features suggestions from a fantastic student education (ESE) instructor and from his child, who is on the spectrum. Kudos to author Harold Reitman for advancing understanding and advocacy for everybody! He provides very useful suggestions for our autism community in addressing daily function issues and life problems. I also enjoy the way the author helped readers know very well what life may be like for people on the spectrum with frequent "Imagine you're an Aspie" thought experiments. Those had been, for me,

essentially the most useful part of the book. I did find the text relatively repetitive, and it didn't go into as much fine detail on some topics as I'd have preferred. The writer wished that he had known more of these "tools" when his girl was youthful as he could have understood her better!S. The book can be clear, concise, practical, pragmatic and easy to read. If you've been recently launched to the ASD globe, then this book would be a great beginning point.. IN EVERY SCHOOL< AT EVERY Quality LEVEL MUST HAVE THIS Publication AS REQUIRED READING. I have said often that children aren't a group to be controlled and fed education just like a mass produced human. I would suggest this read if you are involved with Asperger Syndrome. He reminisces often about several people he has met that aren't extroverted or are passionate about something and concludes their lack of extroversion means that they had Asperger's. • Autism may be the fastest-growing developmental disability: 1,148 percent growth rate. • Ten to 17 percent annual growth." • A single percent of the U. I was provided an advanced reader's copy (ARC) through Net Galley that I volunteered to review. As our society embraces diversity in lots of forms, neurodiversity must also be included in order that all kids are understood and approved. "Facts and Numbers About Autism When you consider the figures about autism spectrum disorders, it's obvious that we have to direct resources to greatly help deal with the issue. Let's start with this eye-popping statistic: Relating to a March 2014 research by the Centers for Disease Control and Prevention (CDC), autism alone may be the "fastest developing developmental disability, with a 1,148% growth rate. Aspertools 2015 This publication was compiled by a dad whose daughter has Asperger's, thus he provides everyday insight upon this condition! Multi-POV Primer While this publication doesn't give a lot of new information, it does give the perspective of more than one person: the parent of a grown-up child with Asperger's, a grown-up with Asperger's, and a teacher who specializes in helping kids with ASD and related conditions. I have already been in the autism globe for over 38 years As a specialist, a college instructor, and a mother or father of a boy with autism, and I was quite impressed with Dr. • Prevalence is approximated at one in sixty-eight births. • One million to at least one 1.5 million Americans live with an autism spectrum disorder. Reitman, Pati Fizzano and Rebecca Reitman should consider doing school programs in our area. Nobody would ever say "unique education" the same way again Great publication for parents and teachers with Asperger's children! • \$60 billion annual cost.



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