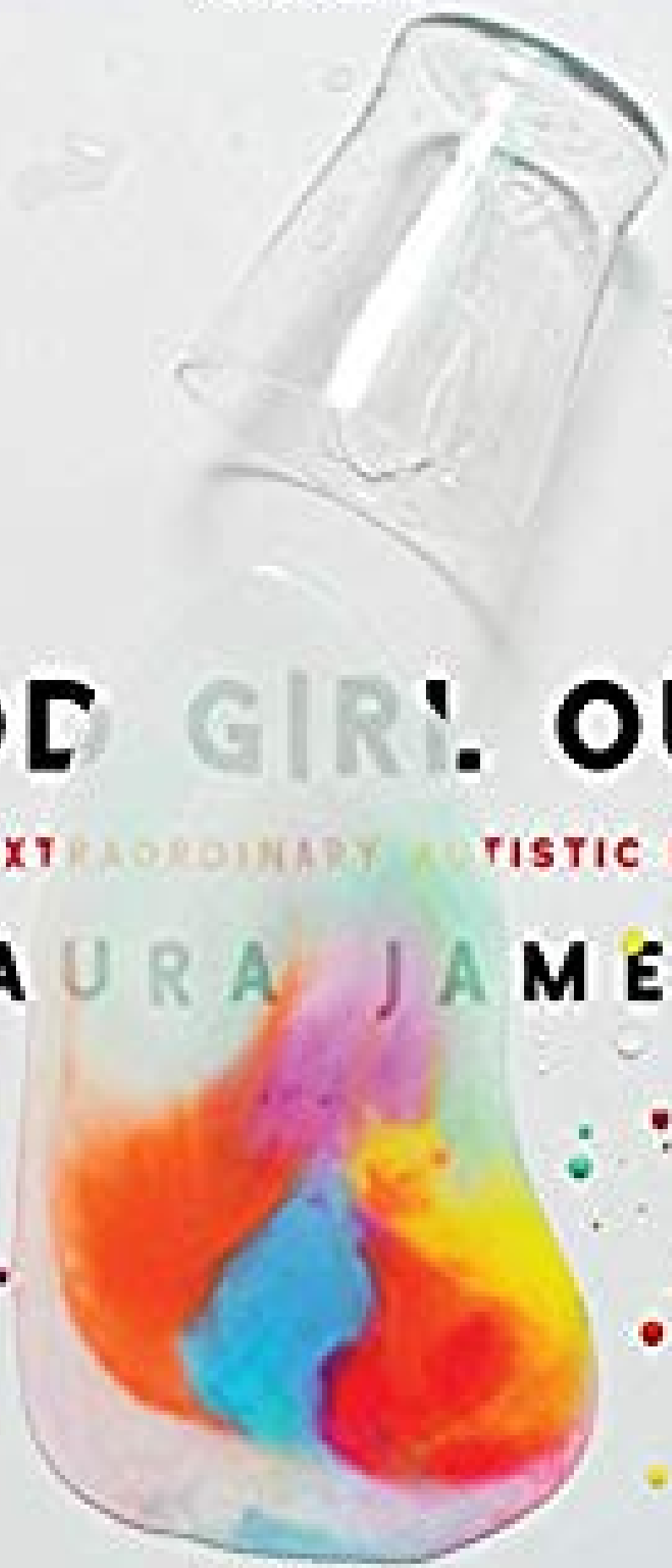


# ODD GIRL OUT

MY EXTRAORDINARY ARTISTIC LIFE

LAURA JAMES



Laura James

## Odd Girl Out: My Extraordinary Autistic Life



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A sensory portrait of an autistic mind From childhood, Laura James knew she was different. It wasn't until she reached her forties that she found out why: Suddenly and remarkably, she was identified as having autism. She struggled to deal in a world that frequently made no feeling to her, as if her human brain had its own operating-system. Married with four children and a successful journalist, Laura examines the ways that autism has formed her career, her method of motherhood, and her closest relationships. With a touching and searing honesty, Laura problems everything we think we know about what this means to become autistic. Laura's upbeat, witty writing offers new insight into the day-to-time struggles of coping with autism, as her extreme attention to sensory detail--a common facet of her autism--is amazing to observe through her eyes. As Laura grapples with defining her personal identity, she also looks at the unique benefits neurodiversity can bring. Lyrical and lush, Odd Lady Out shows how getting different doesn't mean getting less, and proves that it is never too late for any of us to find our rightful place in the globe.



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I would recommend it to anyone with a person with autism within their circle, since it might actually help them to comprehend that person. I LOVED this reserve, and it's really a keeper!) therefore there's lots of factual information in addition to her personal experience. With a couple of minor variations, it mirrors my very own existence, that feeling of not belonging anywhere and desperately wishing I could. Finding my diagnosis was like finding a family I hardly ever knew I could have. THANK YOU to Laura for taking the challenging stage to bring people a glimpse into a world they could never fully understand. Hopefully with this reserve, it will turn into a bit much easier. Before they were quirks, that seemed uniquely yours, now they are part of a panoply of features that for the most part, describe, what is considered a disorder (essentially enough to need a diagnosis to recognize). I think writing this was most likely cathartic for her and was a genuine autobiography. It's the memoir of a woman who was identified as having Asperger's syndrome as a grown-up and how she used that diagnosis to help her understand why her life is the way it is and how to move forward. Also some interesting ways I may have the ability to help. I had read Neurotribes (and am reading it again) and had gotten quite thinking about how the brain of an autistic person works. But, as effective as it is, Neurotribes was written by someone who is not autistic. Recently, I read articles by someone about the spectrum who remarked that most of what we think we know about people with autism comes from experts and authors of fiction who don't possess it, yet feel that their descriptions of what it looks like from the outside tell the complete tale. She struggled in college because she couldn't learn the original way. The author has been a journalist and is an excellent writer, so it's an excellent read whether you determine with her or not really. It was a real eye opener. One example - autistic folks are often described as having no empathy for others. Scanning this book let me see that not merely do they have empathy, they have so much that it feels overpowering, and so they need to length themselves from others to avoid being overwhelmed. To tell you the truth, her descriptions of what it's like to be inside her head feel extremely familiar. She requirements her iPad for some noise. This book was endless fascinating and a compelling read. There are other folks out there who find things the same way. I came across it to be extremely enlightened and encouraging. One of the books recommended was Odd Female Out. Also, since she is a journalist, she interviews individuals who have expertise about autism (like the author of Neurotribes! I cannot out this reserve down. I recommend this book. Wonderful book! Annoying beyond words I opted to provide this a neutral ranking because it's an incredibly annoying read. If you have ever wondered in the event that you were on the autism spectrum or if you simply want some insight into the ones that are, I recommend this book. Great perspective Gave me a bit more sense of what the world feels like for my girl. Since her husband is decidedly NOT autistic, it's also a very good look at what life is like for a person who is very not the same as their spouse. Five Stars Great book, very informative What it's prefer to get out you have autism as an adult After wondering almost all her life why she seemed not the same as other folks, in her mid-forties Laura James was diagnosed with both Ehlers-Danlos and Asperger's (and I suspect she may have synesthesia, as well, although she doesn't say so). Over the course of a 12 months, she learns all she can about these disorders, and points start making feeling to her- and to her spouse. It's not that she's been a failure- she was highly effective, with four kids and a career as a journalist. But there acquired always been circumstances that caused extreme discomfort, sometimes even leading to a meltdown. Crowds, uncomfortable clothing, sensory overload- actually some colors- are all things she tries in order to avoid. Highly intelligent, she and her second husband created a life that allowed her to achieve success but still be protected from

things that stressed her. Obtaining her medical diagnosis explained so much about her, but she'd already gone quite a distance towards accommodating her problem. The book follows her over just a little over a year's time, with sections of current time alternating with her past. The medical diagnosis meant she could find out how other folks dealt with having autism and allowed her to communicate with people who confronted the same complications. It's an extremely interesting examine, but I possibly could never quite get invested in her story. There is a dryness to her prose that appeared somehow stand-offish, despite the fact that she talks about some really painful occasions. Perhaps part of being autistic, maybe part of being a journalist, used to presenting information. A four superstar read; Prodigal family link I ordered this book a few weeks back, and it wasn't expected until mid-May. This is essential read for just about any woman who suspects she too may be on the spectrum, but doesn't know where to turn. I think it is very interesting how differently it affects every individual.. I've seen Hardly any books about ADULT autism. my initial response was how absurd.. The latte she orders should be exactly correct with whole milk and then she can relax. A story for advocacy For anybody who knows an autistic woman, who is the parent or instructor of an autistic girl, this book is a must-read. Evidently this assumption was erroneous because the author clearly latched on to that label like existence itself depended upon it. Generalized assumptions about autism and also everyone else in the world are tossed going to the point of becoming stereotypes. Suddenly everything is related to the diagnosis including additional erroneous traits, circumstances, etc... ADULT autism!. People appear to forget that no one cared about such weirdnesses years ago if a person could find, hear, walk, and believe reasonably well. Now of course we make reference to Autism to be on "the spectrum", so that it acknowledges varying levels of this mental architecture. Still, I came across a lot in this publication that resonated with me, including things that I by no means considered may be related to autism. Very happy to state it arrived EARLY!! She stays peaceful to appease him and then goes to the pool at the hotel., then it's that a lot more difficult. Diagnosis does not mean treat, but understanding breeds acceptance Imagine being in your 40s and getting an autism analysis to explain a few of your quirks? Also, I highly recommend it for the partner of anyone on the spectrum, as it information the struggle many neurotypical mates may experience both just before and after diagnosis. One characteristic of being autistic, is usually both obsession and rigidity of routine. Talk about a have to write a book about it. I found this fascinating, as that is a book that is from the perspective of the person with this mental uniqueness. As a disclaimer, I'm only presumed autistic, because medical diagnosis is impossible without money and/or insurance, but I feel self-confident about it at this stage. You get the person Dustin Hoffman has in Rain Man & even worse, to essentially near "neuro-usual" adults functioning in society daily with some quirks. As I child that grew up near a "State college" which housed different people who have "disabilities". I have always been aware of individuals who got different mental abilities. My Dad worked there as an X-ray technician. He would come home and chat of the the many patient's he noticed. He was particularly fascinated with the "Savants". A FRESH Perspective About Autism Although I admire the writer for letting us in to her world of autism, it made me very uncomfortable and exhausted. It had been interesting to kind of slip in to somebody else's perspective. #ownstories are so important Too often, stories of autism are told simply by people who aren't autistic. The whole time I'm reading I feel like I'm going 90 miles an hour. I often feel the same manner.. She thinks how life is good and then goes through a mental set of what could go wrong. It seems she actually is constantly thinking and uncomfortable with so a lot of things. She is relieved to finally have a diagnosis of Ehlers-Danlos syndrome, postural

orthostatic tachycardia and autism-spectrum disorder and that is the statement she's reading at the pool. If you have autism, then I think this book would be a comfort and incredibly relatable. The book starts off with her getting on holiday with her spouse and she can't relax and rest during the day time. This is the tale of a high-functioning girl who initially learns of her true diagnosis when she actually is 45 years old, married with four mature children. This publication, by an #ActuallyAutistic author, is a refreshing switch. *STUDYING Oneself As An Adult With Autism* I've read several books about people who have Asperger's or autism. Early in the publication the author's hubby remarks that he doesn't want the medical diagnosis to define her. It's just like the lights come on on her behalf and she's thrilled to tell her tale. I was surprised how much more the author of this publication reminded me of my friend with ADD compared to the Asperger's. A look inside the mind of someone with Asperger's I *ADORE* *Odd Girl Out* and will most likely read it again soon. If you already know a whole lot about autism, you might not find it so interesting even with its autobiographical character. I am content this author was able to get her diagnosis and have things clarified. It does that when one is diagnosed as an adult, as for my pal as well. They have a 20-year marriage so clearly both tend to be more than familiar with the eccentricities linked to the medical diagnosis. It reminds me how our thoughts affect so much of how exactly we live our lives. When you add an illness, injury, depression, etc. I have a good friend with Asperger's and another who is ADD. The year is 2015-2016 and her medical diagnosis gives her brand-new breath to advocate for understanding and tolerance. The initial chapter starts in the present as writer Laura James talks about her hubby Tim and sons Jack and Toby, and how her analysis of autism as an adult explains how she lived as a kid. Her husband suffers from melancholy but is individual and knowledgeable of her condition. As are her sons. Extremely interesting. Her need for routine, her dependence on calmness, her bouts with panic all make sense for somebody with autism, but she also painfully describes occasions in her life when her panic attacks caused general public meltdowns in teach stations, in coffee shops, in restaurants. She tells her story with the data of an adult. The author suggested reading something compiled by someone who actually has autism. Love it. Reading this memoir helped me recognize that I am not alone. I love her style and honesty and am therefore grateful for a chance to look inside the mind of a person with autism. I was, quite honestly, recinded by James' story by the end of the next chapter.



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