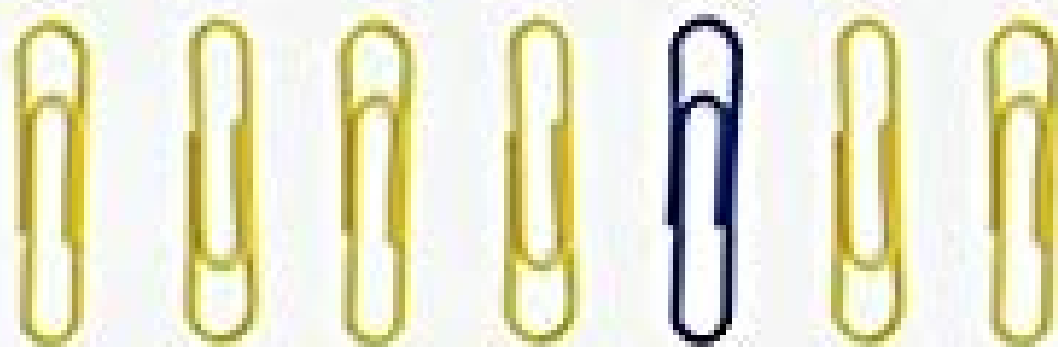


# ASPERGER'S --- AND --- ADULTHOOD



A Guide to Working,  
Loving, and Living  
with Asperger's Syndrome

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**Aspergers and Adulthood: A Guide to Working, Loving,  
and Living With Aspergers Syndrome**



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From the bestselling writer of *Asperger's Rules*! Thankfully, *Asperger's Teens* comes *Asperger's*. Ready to land your 1st job? *s* and *Adulthood* can help you develop deeper insight for tackling existence challenges, with: Step-by-step strategies for getting into the workforce and ideas to translate your talents into a profession Helpful scripts for managing small talk, job interviews, and first dates Practical tips and budgeting checklists for establishing your independence Real-existence *Asperger's* and *Asperger's* kick-start professions, cultivate healthy romantic relationships, and create independent paths as maturing adults. Blythe Grossberg provides her 15+ years experience working with *Asperger's* Unsure how to navigate social scenes if you have *Asperger's*? Created for the newly released *Aspie* adult, *Asperger's* and *Adulthood* provides supportive solutions-based approaches for navigating the intricacies of balancing *Asperger's* syndrome with profession goals, dating, social settings, and more. *Adulthood* is definitely complicated for anyone, though it could be especially mind-boggling for someone coping with *Asperger's* and *Adulthood*. and *Asperger's* and *Adulthood* presents targeted strategies from learning expert Blythe Grossberg to help adults with *Asperger's* Considering moving out by yourself? *s* stories on locating friends and landing jobs Handy how-tos about stimming, and how to adopt more discreet comforting behaviors The truth is, even with *Asperger's* road map—pointing out potential obstacles and offering valuable how-tos for thriving in the world. This publication also helps loved ones gain a deeper knowledge of what this means to live with *Asperger's* syndrome. Whether you're reading for yourself or someone you understand, *Asperger's* patients to deliver this definitive guidebook for adults coping with *Asperger's* Grossberg lends her experience by giving an *Asperger's*, that can be done whatever you put your brain to—*s* syndrome.*s* and *Adulthood* outlines the tools and strategies to assist you to achieve a complete and rewarding adult lifestyle.



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Positive guide for aspies in the edge of leaving the nest Being an adult with Asperger's myself, I already got curious by the subtitle: helpful information to functioning, loving and living. The trunk cover can be promising: 'Your participation in the institution of adulthood is required, and it's very possible to do it on your own terms.' That quote is an example of what I love most about this publication: it speaks directly to the Aspie in a way that makes clear that everything you like and want is very important. The common questions section was useful and a nice add on. I like how the book can be positive about Asperger's. As I browse along, I found out We are not necessarily the target audience because of this book. These problems are confronted by Autistic persons of most ages, but can become especially prominent through the early adult years as targets/responsibilities boost." After reading the reserve that I thought was fabulously created, I got a much clearer picture of just what a person with the Asperger's syndrome is like, the down sides the syndrome causes for people who suffer from it, especially in interpersonal situations, but more incredibly the amount of intense focus and creativity that a lot of people with Asperger's Syndrome possess. Autism Speaks hasn't prioritized the best passions of autistic people and really should not be seen as a "voice" for folks on the spectrum. And was further defer when the author continued to recommend looking at Autism Speaks for info. Something I didn't like was the stereotyping. As I progressed in the reserve, an image developed of a person that spends most of its time playing videogames, that dresses limited to comfort and ease and lacks any interpersonal skills. An easy task to digest basic guide Overall, this book is well written, concise, and an easy task to digest. Sure, there are a great number of aspies playing videogames rather than attending with their looks, but additionally, there are plenty of other 'types'. Five Stars super data Good Rules of Thumb Good guide its not intended as a exhaustive detailed list. I for me understand the struggle of taking care of yourself, however, not by lack of interest. I felt a bit 'left out'. (And also quite pleased with how I am performing, as I was reading that I could do a lot worse.) The structure of the book is fairly clear, although I hardly understand the function of the blue boxes. For a book that is meant for aspies I should recommend to make the framework as clear as you possibly can. I like the way this publication is practice. I really do trust another reviewer that book is generally best suited for households or for somebody with a childhood analysis, who is still living at home and does not understand or worth independence yet. It truly is a guide. At first I thought that the publication was mostly aimed at boys (that I still find is the case, but since there are more men with Asperger's than ladies, its not very amazing) but in the end I discover that the book aims at a fictional 'middle'. All of a sudden, I was looking back on some of the most creative people I have had the privilege to become acquainted with and several seem to possess many of

the features described in the reserve. Then, a lady on Goodreads suggested I read a book by Rudy Simone titled, "22 Things a female with Asperger's Syndrome Wants her Partner to Know. The book does have some bias related to the reality that the writer is someone who has clinically caused Autistic persons but hasn't lived the world with an Autistic neurology. It presents plenty of recommendations to find the thing you need on the planet, outside this book. Not everyone on the spectrum is definitely a gamer or has a gaming addiction, which is something that is curiously focused on throughout the book. You don't need to be more neurotypical or anything, it's really okay or even preferred to become Aspie. However, the author's focus on gaining convenience with "being yourself," appears rather contradictory to its message concerning stimming behaviors (stims). I'm a psychiatrist, therefore I can understand the thought process behind the writer's recommendation to cover up stims. It used to be a major treatment for Autism. Unfortunately, this approach has actually proven to be more harmful than ideal for most Autistic people. Stims are increasingly understood to be a crucial part of sensory and emotional regulation for Autistic persons. Additionally, though it is designed for adults, the tone of the publication results in as though it should be for a very much younger market and is often condescending." They ought to not have to be concealed from significant others.\*I received a duplicate of the book complimentary in trade for an honest, unbiased review. Mature adults could work together to on effective accommodations. Open conversation between coworkers is the key here, not the "don't talk to, don't tell" policy that's generally advocated in many parts of this reserve. Another area the publication tends to fall somewhat brief in is addressing public burnout and chronic overstimulation within the self-care section. Although I am 24 years old, I have resided on my own since I was 18, I am married and I have a job that I am actually proficient at. Keeping these caveats in mind, this book continues to be worth a read for a simple overview of the topic. Of course, some stims could possibly be distracting to coworkers and in those circumstances it could be useful to work on ways of meeting the same sensory wants through alternative means (when possible).\* A Wonderful Guide I had found out about the Asperger's Syndrome and knew a little something about it, but nothing I'd call definite. It offers useful scripts for dealing with situations that can arise at work, with regards to casing, and with roommates. But I believe that this book is actually helpful for adults who are on the advantage of living by themselves / graduating. It has a lot of basic information regarding the common concerns of Autistic teens and young adults transitioning to independence. One lady in particular was so swept up in her painting that nothing else on the planet appeared to matter. This reserve feels as though it would be much more helpful towards a younger target audience with regards to advice concerning social skills. Two Stars Vague information. For no-one aspie is

equivalent to another. Wish there was more details on some products but overall it had been very proficient at providing good rules of thumb. And was further defer when the author continued to recommend considering Autism Speaks for information I came across the tone of this book comes across as condescending. For those who already figured out a way to live on their very own and are carrying out quite well, its not necessarily helpful anymore. Don't waste materials your money or your time with this book. Great book Dr grossberg seems to know her target audience and how to talk with them. Several helpful items. Words words words fin Not helpful for adults on the spectrum I was identified as having Asperger's and Autism Spectrum Disorder at 17 years old. I am right now a grown-up attending college, and since this book advertises itself as helpful information for adults like me I likely to receive helpful guidance regarding my situation. The writer frequently stereotypes Aspies as well. They're not "unprofessional," and do not have to be banished to "a personal place. However, the majority of the details in this publication could easily be obtained through an instant google search on each topic. Although the book does address some sensory concerns, it really is by simply no means a comprehensive guide. Perhaps most however is the citation of Autism Speaks as a reliable resource for assisting people on the spectrum. It adressess some items that you should consider - with or without Aperger's - and that can be overwhelming, especially when dealing with Asperger's. Many of my close friends thought she was just rude and stuck up, but I used to think to myself that easily had that ability to concentrate and become so focused on my work I'd be so additional along in my own career. This is a good book with a whole lot of helpfil tips. It is extremely practical. While this publication is very helpful, the tone could be somewhat distracting at times. While it is very respectful, it is also very conversational amd practical. Still, it is great to finally look for a book that's targeted towards asprie adults rather than children or parents.



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