



Karen McKibbin Foreword by Tony Attwood

# LIFE ON THE AUTISM SPECTRUM

A Guide for Girls and Women



Karen McKibbin and

## Life on the Autism Spectrum - A Guide for Girls and Women



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Why is Autism Spectrum Disorder so misunderstood in ladies and women and why do so many go beneath the radar minus the support that they want? Following the story of Alison, a girl diagnosed with Asperger Syndrome, through both childhood and adulthood, all of us get an inside view of the challenges that girls and women with autism face. This useful guide explains the initial issues that affect females with autism and provides tools and strategies that women, women and their own families may use in day-to-day lifestyle. Important reading for parents of daughters in the spectrum, in addition to girls and women who carry the diagnosis themselves. Straightforward information and assistance is provided on essential topics including: social skills and communication· how to conquer bullying· sensory issues and meals sensitivity· the need for routine· perceptions of gender· and physiological changes.



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" It could have saved both folks lots of grief. This is an excellent book that is readable through, especially when your daily life is busy. As a professional, I can't recommend this enough! In addition, it provides tools and various other ideas that I could try out with them too, which have helped me for connecting better with these young ladies. This book is great for anyone, especially individuals who works with or would live with a woman or women with ASD. It's amazing just how much they need to get around on a day-to-day basis. This book has really helped me understand what it's prefer to live with a few of their struggles that I'd never otherwise think about or understand. The chapter on bullying was therefore personal that it brought me to tears. As somebody who encounters teenagers a lot in my own work (I work in education), this publication is a huge help in giving me a better understanding of several young ladies I use who are on the autism spectrum. I've discovered a great deal from this reserve and can recommend it to parents of ASD children within my school. It so poignantly and intimately brings us into the life of a woman or female on the spectrum, through the eyes of Alison, from her childhood to her adulthood -- through the gamut of issues of negotiating and surviving the NT public and function worlds to the non-public challenges of puberty and menopause. I hands it out to the parents of my individuals. As a kid psychiatrist who works with children on the spectrum and their families, I can't recommend this book plenty of. I have already recommended it to many teachers in my own area as well! It's compassion inspires a professional like me to be a better clinician. And the writing is so beautifully very clear in the insight and explanations it gives, that my tween patients can understand it in addition to their parents and suppliers. I can't recommend it enough! A view of the spectrum from our perspective This book served more to verify what I've experienced throughout my 62 years rather than provide me with a whole lot of new info, nonetheless it was still a good read. I just wish it turned out written 60 years ago so my mother would have been able to comprehend why I would NEVER have the ability to comply with her desired standard of behavior, outfit, or popularity and possibly offer her an explanation as to the reasons I wasn't even interested in being what she called "normal. A must have read for anybody who knows a female on the autism spectrum! Very informative! This book was very informative regarding the struggles Aspie females encounter. You can read and understand and contains the voices of several ladies who live with ASD each day. THEN toss menstruation into the mix and items can really become dangerous as these young females experience totally void of control.!



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