



Nerdy, Shy, AND Socially Inappropriate

A USER GUIDE TO AN ASPERGER LIFE



CYNTHIA KIM

Cynthia Kim

Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life



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Her own life presents many rich good examples. Cynthia Kim explores all of the quirkyness of coping with Asperger Syndrome (ASD) in this accessible, witty and honest guideline looking from an insider perspective at a few of the most challenging and intractable aspects of getting autistic. From being labelled nerdy and shy as an undiagnosed kid to redefining herself when diagnosed with Asperger Syndrome as a grown-up, she describes how her perspective shifted to understanding a previously confusing world and combines this with the outcomes of extensive research to explore the 'why' of ASD characteristics. This intelligent insider guideline will help adults with ASDs and their companions, family members, friends, and colleagues, but it also provides a clean and witty window onto a different worldview. Popular in the autism community and above for her popular blog page, Musings of an Aspie, Cynthia Kim's publication is rich with personal anecdotes and useful advice. She clarifies how they effect on everything from self-treatment to holding down employment and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social great things about martial arts for those who have autism.



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