

# 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 existence presents many rich examples. Cynthia Kim explores all of the quirkyness of coping with Asperger Syndrome (ASD) in this accessible, witty and honest instruction seeking from an insider perspective in a few of the most challenging and intractable areas of being autistic. Popular in the autism community and outside of for her popular blog page, Musings of an Aspie, Cynthia Kim's book is rich with personal anecdotes and useful information. She explains how they impact on everything from self-treatment to holding down a job and will be offering typically practical and creative ways of help manage them, including a section on the vestibular, sensory and public great things about martial arts for those who have autism. From getting labelled nerdy and shy as an undiagnosed child to redefining herself when identified as having Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with the results of extensive analysis to explore the 'why' of ASD traits. This intelligent insider instruction can help adults with ASDs and their companions, family members, friends, and colleagues, but it also provides a fresh and witty windows onto a different worldview.



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