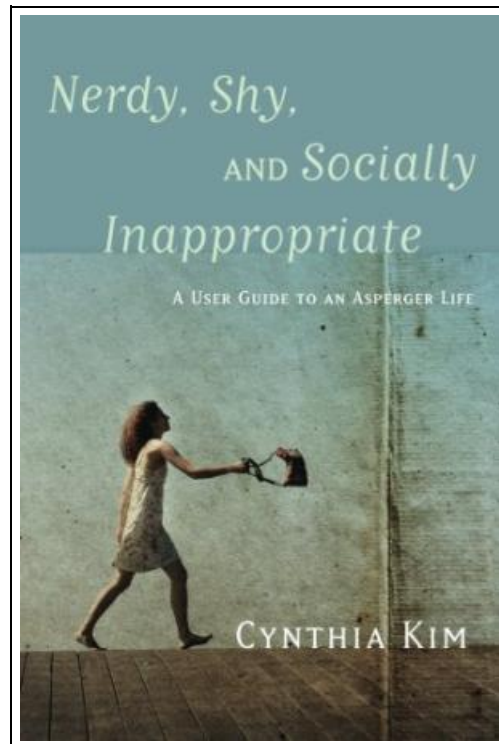# Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life

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Reviews

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(Ms. Linnea Medhurst I)

NERDY, SHY, AND SOCIALLY INAPPROPRIATE: A USER GUIDE TO AN ASPERGER LIFE

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Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life, Cynthia Kim, Cynthia Kim explores all the quirkyness of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of being autistic. Her own life presents many rich examples. From being labelled nerdy and shy as an undiagnosed child to redefining herself when diagnosed with 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 research to explore the 'why' of ASD traits. She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism. Well known in the autism community and beyond for her popular blog, Musings of an Aspie, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.

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