



# Asperger's Syndrome For Dummies, UK Edition

By Georgina Gomez de la Cuesta, James Mason

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**Asperger's Syndrome For Dummies, UK Edition** By Georgina Gomez de la Cuesta, James Mason

*Asperger's Syndrome For Dummies* covers everything that both people living with the condition and their families need to know. From explaining symptoms and getting a diagnosis, through to overcoming bullying in schools and choosing between the therapy and medical treatments available, this is a complete guide to surviving and thriving with the condition.

*Asperger's Syndrome For Dummies* includes:

## **Part I: Understanding Asperger's syndrome (AS)**

- Chapter 1: Introducing Asperger's syndrome
- Chapter 2: Discovering the causes of Asperger's syndrome
- Chapter 3: Diagnosing Asperger's syndrome

## **Part II: Living with Asperger's syndrome**

- Chapter 4: Enjoying Life with Asperger's
- Chapter 5: Getting the most out of education and the workplace
- Chapter 6: Finding independence and advocating for your rights

## **Part III: Supporting people with Asperger's syndrome**

- Chapter 7: Parenting and Asperger's syndrome
- Chapter 8: Relating to adults with Asperger's syndrome
- Chapter 9: Creating an AS friendly environment

Part IV: Discovering therapies, medication, diet and environments for AS

- Chapter 10: Navigating Behavioural Therapies for Asperger's Syndrome
- Chapter 11: Understanding medication and diet in Asperger's syndrome

## **Part V: Part of Tens**

- Chapter 12: Ten Organisations to go for help and information
- Chapter 13: Ten positives about living with Asperger's
- Chapter 14: Ten famous people who probably had Asperger's

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## **Bibliography**

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### Editorial Review

#### Review

highly comprehensive written in an accessible style and is of equal relevance to both adults and children with Asperger Syndrome. (Communication, June 2011).

#### From the Back Cover

#### **Discover how to survive and thrive with Asperger's Syndrome**

Asperger's Syndrome (or AS) is a condition on the autism spectrum that affects how someone makes sense of the world, processes information and relates to other people. This definitive guide explains how to live with Asperger's on a day-to-day basis, covering everything from coping with social interaction to dealing with specific learning difficulties associated with AS. Whether you live with Asperger's yourself or want to support someone who does, this book will give you the facts you need to make the best choices every step of the way.

- Get the facts at your fingertips – find out about the causes and characteristics of Asperger's Syndrome and uncover the pros and cons of formal diagnosis
- Live well – reassuring advice on how to enjoy everyday life, from getting the most out of education and the workplace to living independently
- Support people you know – get tips on living and working with people with AS and learn how to parent children, teenagers and adults with the condition
- Keep the balance – discover how diet, therapies and lifestyle options all play into the management of Asperger's, and choose the options that work best for you

Open the book and find:

- The ins and outs of diagnosing Asperger's Syndrome
- Advice on coping with conditions affiliated with AS, from anxiety and depression to OCD
- How to cope with sensory issues at home and at work
- Advice on finding the right school environment
- The facts about autism rights
- The best organisations for advice and support
- A glossary of Asperger's terminology

Learn to:

- Identify the characteristics of Asperger's Syndrome
- Live well with the condition
- Parent a child who has Asperger's or support someone you know

#### About the Author

**Gina Gomez de la Cuesta**, PhD is Action Research Leader for The National Autistic Society (NAS). She has worked in the field of autism for six years and completed her PhD at the Autism Research Centre at the University of Cambridge.

**James Mason**, otherwise known as the Goth, has high-functioning autism. He is the editor of *Asperger United* magazine, published by the NAS, which is written by and for people on the autism spectrum.

## Users Review

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