



The Complete Guide to Asperger's Syndrome

By Tony Attwood

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The Complete Guide to Asperger's Syndrome is the definitive handbook for anyone affected by Asperger's syndrome (AS). Now including a new introduction explaining the impact of DSM-5 on the diagnosis and approach to AS, it brings together a wealth of information on all aspects of the syndrome for children through to adults.

Drawing on case studies and personal accounts from Attwood's extensive clinical experience, and from his correspondence with individuals with AS, this book is both authoritative and extremely accessible. Chapters examine:

- * causes and indications of the syndrome
- * the diagnosis and its effect on the individual
- * theory of mind
- * the perception of emotions in self and others
- * social interaction, including friendships
- * long-term relationships
- * teasing, bullying and mental health issues
- * the effect of AS on language and cognitive abilities, sensory sensitivity, movement and co-ordination skills
- * career development.

There is also an invaluable frequently asked questions chapter and a section listing useful resources for anyone wishing to find further information on a particular aspect of AS, as well as literature and educational tools.

Essential reading for families and individuals affected by AS as well as teachers, professionals and employers coming in contact with people with AS, this book should be on the bookshelf of anyone who needs to know or is interested in this complex condition.

'I usually say to the child, "Congratulations, you have Asperger's syndrome", and explain that this means he or she is not mad, bad or defective, but has a different way of thinking.'

- from The Complete Guide to Asperger's Syndrome

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Editorial Review

Review

Tony Atwood is one of the greatest resources in the Asperger world and this is said to be the Asperger's Syndrome bible so make sure you keep it on you shelf, even if you don't read it cover to cover. It has loads of great information. -- One Girl Circus blog This book really is a must-have resource for all academic libraries, college psychology classes, parents and relatives of those with AS, clinicians and medical professionals, teachers, and of course, those of us who have AS. -- Autism Spectrum Quarterly 'This is the single best book currently available on Asperger's Syndrome (AS)... It presents a very readable but highly authoritative account based on Attwood's extensive clinical experience and a wealth of case studies, research and personal accounts... Essential reading for parents and families (as well as others coming into contact with individuals with AS) -- Debate This is a comprehensive and thorough discussion of Asperger's. Atwood excels at making this text not only an easy read, but also a valuable reference. The book is full of knowledge and true life stories of those affected by Aspergers. -- Spectrum Magazine This comprehensive guide to understanding Asperger's Syndrome is easy to read. It has a very practical approach and will appeal to young people with Aspergers Syndrome, parents, carers and professionals alike. Understanding is helped by personal insights and practical strategies for those with AS and for carers too. For readers who do not have a lot of time there is a quick reference index to go straight to the aspect you want to know about first. Newcomers to the subject will find the glossary invaluable. If it whets your appetite there are 22 pages of refernces for further study and a section on further resources. -- CaN! Wales Carers Network and Autism Academy Bulletin All in all an excellent resource for anyone's shelf who comes into contact with Asperger's Syndrome. The Key points and strategies section at the end of each chapter in invaluable for finding that key piece of information you need without having to read the whole chapter. There is also a very useful frequently asked questions chapter and a section with useful resources for anyone wishing to find furter information on a particular aspect of AS, as well as literature and educational tools. Does exactly what it state on the tin! -- COTSS PLD Newsletter This is a very informative read which is aimed at not only the professionals, but also the parents, teachers and family members of those people suffering from Aspergers Sundrome. It will also serve as a comfort for those people who have either been diagnosed with AS or have an inkling that they might be on the spectrum as it details not only the symptoms but also coping mechanisms. Personally speaking, this was a comfort to me because I fell that I am on the spectrum somewhere and it's enough for me, now, to understand that...The language is never too technical, and has quotations from Hans Asperger (who first diagnosed the condition) as well as excerpts from Aspies themselves - which add another dimension to the book. As a first step into the world of Aspergers Sundrome this is a perfect start. It has a whole list of resources at the back for people, should they wish to take their reading further, including a list of websites as well. An informative read, I can not recommend this book highly enough. -- bfkbooks.com 'Have a question about Asperger syndrome? Chances are it's answered in this comprehensive guide by Australian Tony Attwood. Attwood has been studying, writing about and speaking about AS for many years, and has gained a reputation for being knowledgable, approachable, and practical in his advice and thoughts. Attwood also manages to be enormously respectful to people with AS -- something that can't be said for all such guides. One of the nicest and most surprising aspects of this com -- Library Journal

Review

Tony Attwood is one of the greatest resources in the Asperger world and this is said to be the Asperger's Syndrome bible so make sure you keep it on you shelf, even if you don't read it cover to cover. It has loads of great information. (One Girl Circus blog)

This book really is a must-have resource for all academic libraries, college psychology classes, parents and relatives of those with AS, clinicians and medical professionals, teachers, and of course, those of us who have AS. (Autism Spectrum Quarterly)

"This is the single best book currently available on Asperger's Syndrome (AS)... It presents a very readable but highly authoritative account based on Attwood's extensive clinical experience and a wealth of case studies, research and personal accounts... Essential reading for parents and families (as well as others coming into contact with individuals with AS) (Debate)

This is a comprehensive and thorough discussion of Asperger's. Atwood excels at making this text not only an easy read, but also a valuable reference. The book is full of knowledge and true life stories of those affected by Aspergers. (Spectrum Magazine)

This comprehensive guide to understanding Asperger's Syndrome is easy to read. It has a very practical approach and will appeal to young people with Aspergers Syndrome, parents, carers and professionals alike. Understanding is helped by personal insights and practical strategies for those with AS and for carers too. For readers who do not have a lot of time there is a quick reference index to go straight to the aspect you want to know about first. Newcomers to the subject will find the glossary invaluable. If it whets your appetite there are 22 pages of references for further study and a section on further resources. (CaN! Wales Carers Network and Autism Academy Bulletin)

All in all an excellent resource for anyone's shelf who comes into contact with Asperger's Syndrome. The Key points and strategies section at the end of each chapter is invaluable for finding that key piece of information you need without having to read the whole chapter. There is also a very useful frequently asked questions chapter and a section with useful resources for anyone wishing to find further information on a particular aspect of AS, as well as literature and educational tools. Does exactly what it states on the tin! (COTSS PLD Newsletter)

This is a very informative read which is aimed at not only the professionals, but also the parents, teachers and family members of those people suffering from Aspergers Syndrome. It will also serve as a comfort for those people who have either been diagnosed with AS or have an inkling that they might be on the spectrum as it details not only the symptoms but also coping mechanisms. Personally speaking, this was a comfort to me because I felt that I am on the spectrum somewhere and it's enough for me, now, to understand that...The language is never too technical, and has quotations from Hans Asperger (who first diagnosed the condition) as well as excerpts from Aspies themselves - which add another dimension to the book. As a first step into the world of Aspergers Syndrome this is a perfect start. It has a whole list of resources at the back for people, should they wish to take their reading further, including a list of websites as well. An informative read, I can not recommend this book highly enough. (bfkbooks.com)

'Have a question about Asperger syndrome? Chances are it's answered in this comprehensive guide by Australian Tony Attwood. Attwood has been studying, writing about and speaking about AS for many years, and has gained a reputation for being knowledgeable, approachable, and practical in his advice and thoughts. Attwood also manages to be enormously respectful to people with AS -- something that can't be said for all such guides. One of the nicest and most surprising aspects of this compendium of knowledge is that it's easy to read. Although Attwood does use "vocabulary words," he's careful to keep his language down-to-earth and engaging. Readers who aren't quite sure what a particular term means can check the glossary in the back of the book. (About.com)

Usually, the first place I send any client for information is Tony Attwood's The Complete Guide to

Asperger's Syndrome. For parents of kids just diagnosed with Asperger's, adults who think that maybe they've always been on the autism spectrum, or autistic teens who are starting to transition into adulthood, this book is a solid place to start. I think of this book as the Asperger's equivalent to *The Joy of Cooking*. There are lots of specialized cookbooks out there, covering the details of Thai cuisine, or how to use a slow cooker, but the classic *Joy of Cooking* can get you started and point out where to go next. Attwood's *The Complete Guide to Asperger's Syndrome* can get you started on just about any Asperger related issue, and show you where to go from there. (The Autism News)

In 1998, Australian clinical psychologist Attwood published *Asperger's Syndrome: A Guide for Parents and Professionals*, which quickly established him as an international expert on the condition. Here, he updates research in this rapidly evolving field, offering a wealth of information on childhood, college, long-term relationships, and careers. He gives comprehensive coverage of topics such as friendship, bullying, special interests, and theory of mind. Each chapter begins with a quote from Hans Asperger himself and includes firsthand experiences from individuals with Asperger's, including Temple Grandin, Liane Holliday Willey, and Stephen Shore. Particularly helpful are the "Key Points and Strategies" at each chapter's end and the detailed FAQs, glossary, resources, and references sections. Attwood writes, "I usually say to the child, 'Congratulations, you have Asperger's syndrome,' and explain that this means he or she is not mad, bad or defective, but has a different way of thinking." His work skillfully brings together the current information on this fascinating condition and is an essential purchase for academic and public libraries. (Library Journal)

From the Publisher

"*The Complete Guide to Asperger's Syndrome* is flawless in its ability to ease the trepidations, answer the questions, buoy the spirits, and encourage the dreams of those who walk with AS. Attwood and his insights are golden!"

--Liane Holliday Willey, EdD, author of *Pretending to be Normal: Living With Asperger's Syndrome*

"An encyclopedia on Asperger's syndrome written in easy-to-read non-technical language. It will be especially useful for helping individuals with Asperger's, parents and professionals understand the social difficulties. There is a good mix of research information, first person reports and clinical information. The section on sensory over-sensitivity is excellent. Sensory issues prevent many people on the autism/Asperger's spectrum from participating in many social activities because stimuli that do not bother most people are intolerable."

--Temple Grandin, author of *Thinking in Pictures* and *Animals in Translation*

"Grounded in research from close to 30 years of direct experience, yet very accessible, Dr Attwood brings understanding of Asperger Syndrome to new heights. Peppered with personal accounts and clear explanations...this book is a "must have" for everyone, including those with Asperger Syndrome."

--Stephen Shore, AbD, author of *Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome*

Users Review

From reader reviews:

Irene Weinstein:

Now a day folks who Living in the era just where everything reachable by talk with the internet and the resources within it can be true or not require people to be aware of each info they get. How people have to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Studying a book can help individuals out of this uncertainty Information especially this *The Complete Guide to*

Asperger's Syndrome book since this book offers you rich facts and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it you probably know this.

Jennifer Ruiz:

The actual book The Complete Guide to Asperger's Syndrome will bring you to definitely the new experience of reading the book. The author style to elucidate the idea is very unique. If you try to find new book to see, this book very acceptable to you. The book The Complete Guide to Asperger's Syndrome is much recommended to you to see. You can also get the e-book through the official web site, so you can quickly to read the book.

Beverly McClendon:

Typically the book The Complete Guide to Asperger's Syndrome has a lot of information on it. So when you read this book you can get a lot of help. The book was authored by the very famous author. McDougal makes some research before write this book. This particular book very easy to read you can obtain the point easily after reading this book.

Roy Jordan:

That publication can make you to feel relax. This kind of book The Complete Guide to Asperger's Syndrome was multi-colored and of course has pictures on there. As we know that book The Complete Guide to Asperger's Syndrome has many kinds or type. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and think you are the character on there. Therefore not at all of book usually are make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading in which.

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