Books

22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know by Rudy Simone
Rudy Simone covers 22 common areas of confusion for someone dating a female with AS and includes advice from her own experience and from other partners in real relationships.

A 5 Is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults by Kari Dunn Buron
Building on Kari Dunn Buron's popular The Incredible 5-Point Scale, this book takes a narrower look at challenging behavior with a particular focus on behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries.

A Thorn in My Pocket: Temple Grandin's Mother Tells the Family Story by Eustacia Cutler

Alone Together: Making an Asperger Marriage Work by Katrin Bentley
Communication is one of the biggest challenges faced by people with Asperger’s Syndrome (AS), yet an Asperger’s marriage requires communication more than any other relationship.

Ask and Tell: Self-Advocacy and Disclosure for People on the Autism Spectrum by Ruth Elaine Joyner Hane and Kassiane Sibley
Aims to help people with autism effectively self-advocate in their pursuit of independent, productive, and fulfilling lives.

The Asperger Couple's Workbook: Practical Advice and Activities for Couples and Counsellors by Maxine Aston
This workbook provides couples affected by AS with strategies that will benefit their relationship together, and their family as a whole. With candid advice, activities and worksheets, the book explores a variety of approaches that couples can use to improve their relationship.

Material based on the experiences of the people on the Autistic Spectrum is usually written by neurotypical writers. Here, Genevieve and Dean, both adults with Asperger's Syndrome, share their advice and tips for romantic success.

The Asperger Social Guide: How to Relate to Anyone in any Social Situation as an Adult with Asperger’s Syndrome, Genevieve Edmonds and Dean Worton,
A self-help manual written by two adults with Asperger's Syndrome, this book is suitable for individual study and personal development courses.

The Asperger social guide: how to relate with confidence to anyone in any social situation as an adult with Asperger's syndrome. Edmonds, G. and Worton, D.
A self-help manual written by two adults with Asperger syndrome with tips and strategies for dealing with a variety of social situations.

*Asperger Syndrome in Adulthood: A Comprehensive Guide for Clinicians* by Kevin P. Stoddart, Lillian Burke, Robert King
This book is one of the only guides to Asperger Syndrome as it manifests itself in adults. It integrates research and clinical experience to provide mental health professionals with a comprehensive discussion of AS in adulthood, covering issues of diagnosis as well as co-morbid psychiatric conditions, psychosocial issues, and various types of interventions—from psychotherapy to psychopharmacology.

*Asperger’s Rules!: How to Make Sense of School and Friends* by Blythe Grossberg
Lays out the challenges of everyday life, academic and social, for the kid with Asperger’s, and provides practical, useful, effective strategies and scripts for dealing with them.

*Asperger syndrome and employment: adults speak out about Asperger syndrome. Edmonds, G. ed. and Beardon, L. ed. (2008)*
Explores the issues surrounding employment, providing practical advice for adults with Asperger syndrome, as well as their employers, colleagues and employment services.

*Asperger Syndrome and Adolescence: Helping Preteens & Teens Get Ready for the Real World* by Teresa Bolick
Sex. Slang. Slumber parties. The preoccupations of adolescents with Asperger Syndrome are no different than those of other teens, but they can be much more confusing. The lack of social skills and ability to grasp conversational nuances that characterize AS make adolescence the most difficult life stage.

*Asperger syndrome and social relationships: adults speak out about Asperger syndrome. Edmonds, G. Ed and Beardon, L. ed.*
Adults with Asperger syndrome discuss social relationships and provide advice and support for others with Asperger syndrome.

*Asperger syndrome employment workbook* Meyer, R.N.
A practical workbook that helps adults with Asperger syndrome identify his/her abilities and interests, style of learning and of working, and the skills required for a variety of jobs.

*Asperger’s Syndrome Guide for Teens and Young Adults* by Craig Kendall
The book offers solutions for some of your teen’s most difficult problems such as: Inability to have friends and develop deep meaningful relationships; Spending too much time alone and spending too much time on the computer; Low self esteem; Bullied at school; Getting in trouble with the law; Wanting to date but failing; Failure at getting or keeping a job; Inability to take care of themselves.
The Asperger’s Syndrome Survival Guide by Craig Kendall
Kendall explains what Asperger's Syndrome is, the symptoms of Asperger's, treatment options, and the behavior that Aspies may endeavor.

Asperger's Syndrome Workplace Survival Guide: A Neurotypical’s Secret for Success by Barbara Bissonnette
The workplace can be a difficult environment for people with Asperger's Syndrome (AS) and this often impedes their ability to make use of particular skills and sustain meaningful and fulfilling employment. This is the definitive guide to surviving and thriving in the workplace for people with AS.

Infused with voices of real children who offer insights about their own conditions, the book gives perspective on how children live with the disorder.

Asperger's and Girls Featuring Tony Attwood and Temple Grandin, plus 7 more experts
Winner of the Gold Award in the 2006 ForeWord Book of the Year competition, this groundbreaking book describes the unique challenges of women and girls with Asperger's Syndrome. In it you’ll read candid stories written by the indomitable women who have lived them.

Asperger’s From the Inside Out: A Supportive and Practical Guide for Anyone with Asperger’s Syndrome by Michael John Carley
Michael John Carley was diagnosed with Asperger's Syndrome at thirty-six-when his young son received the same diagnosis. This fascinating book reveals his personal experience with the confusion and trauma associated with this condition-and offers insights into living an independent and productive life.

The Asperkids (Secret) Book of Social Rules: A Handbook of Not-So-Obvious Guidelines for Tweens & Teens with Asperger Syndrome by Jennifer Cook O’Toole
The Asperkid's (Secret) Book of Social Rules" offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls.

Aspergirls: Empowering Females With Asperger Syndrome by Rudy Simone
Rudy includes the reflections of over thirty-five Aspergirls, as well as some of partners and parents, and identifies recurring struggles and areas where Aspergirls need validation, information and advice.

Aspie Teen's Survival Guide: Candid Advice for Teens, Tweens, and Parents, from a Young Man with Asperger's Syndrome by J. D. Kraus
J. D. Kraus, a young man who has been there and offers practical advice to his peers so they can get the most out of middle school and high school, both academically and socially.

Atypical: Life with Asperger's in 20 1/3 Chapters by Jesse A. Saperstein
The poignant, funny, and truly unique observations of a young writer diagnosed with Asperger's Syndrome.
Autistics’ guide to dating: a book by autistics, for autistics and those who love them or who are in love with them. Ramey, E.M. and Ramey, J.J. (2008)

Presents strategies for overcoming social skills deficits and sensory issues to enhance relationship success.

Autism and Asperger Syndrome: Busting the Myths by Lynn Adams, PhD

This new text provides current information regarding both autism and Asperger syndrome, focusing on the educational, communication, cognitive, and social challenges associated with each disorder.

Autism-Asperger’s & Sexuality: Puberty and Beyond by Jerry Newport and Mary Newport

It takes a candid look at aspects of sex and relationships as they apply to people on the autism spectrum.

Be Different: Adventures of a Free-Range Aspergian with Practical Advice for Aspergians, Misfits, Families & Teachers by John Elder Robison

In each story, he offers practical advice—for Aspergians and indeed for anyone who feels “different”—on how to improve the weak communication and social skills that keep so many people from taking full advantage of their often remarkable gifts.

Baj And the Word Launcher: Space Age Asperger Adventures in Communication by Pamela Victor

Baj lives in the future on a planet called Aular and in many ways is like any other kid, but he has trouble reading body language, making eye contact, and taking turns in conversation. When Baj is given a special present—a magical communication kit—he begins to understand the complex rules of the social world.

Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome, Second Edition by Stephen Shore, Foreword by Temple Grandin

Drawing on personal and professional experience, Stephen Shore combines three voices to create a touching and, at the same time, highly informative book for professionals as well as individuals who have Asperger Syndrome.

Build your own life: a self-help guide for individuals with Asperger’s syndrome. Lawson, W.

A guide for adults on the autism spectrum through what may be a confusing life using humour, insight and practical suggestions.

The Complete Guide to Asperger’s Syndrome by Tony Attwood

The definitive handbook for anyone affected by Asperger’s syndrome (AS), it brings together a wealth of information on all aspects of the syndrome for children through to adults.

The Complete Guide to Getting A Job for People with Asperger’s Syndrome: Find the Right Career and Get Hired by Barbara Bissonnette

Asperger’s employment expert Barbara Bissonnette describes exactly what it takes to get hired in the neurotypical workplace.
**Developing Talents: Careers For Individuals With Asperger Syndrome And High-functioning Autism-Updated, Expanded Edition by Temple Grandin, Kate Duffy**

This career planning guide is written specifically for high-functioning adolescents and young adults on the autism spectrum, their families, teachers, and counselors. The two authors weave together a unique blend of information and advice based on personal experiences.

**Different ... Not Less: Inspiring Stories of Achievement and Successful Employment from Adults with Autism, Asperger's, and ADHD by Temple Grandin**

This book is a compilation of success stories from adults with autism and Asperger's Syndrome.

**Dinosaur Diego, The World's Smartest Dude: Asperger's Syndrome by Jill Bobula and Katherine Bobula**

Diego shares with us the challenges and joys he faces every day at home and at school. Diego is proud of who he is. He doesn't mind people knowing he has Asperger's syndrome.

**Finding Kansas: Decoding the Enigma of Asperger's Syndrome by Aaron Likens**

A memoir like no other, written by an unlikely author who at first never dreamed he would find even one reader. When he was diagnosed with Asperger's syndrome at age 20, Aaron Likens began to collect his thoughts and experiences on paper—the highs, the lows, the challenges, and the unexpected joys.


Discusses making and maintaining friendships using practical examples, poetry and stories.

**The Guide to Dating for Individuals with Asperger Syndrome by Jennifer Uhlenkamp**

Written in a question-and-answer format, this much-needed book offers insight and practical advice on dating challenges.

**House Rules: A Novel by Jodi Picoult**

About a boy with Asperger's syndrome living in Townshend, Vermont[1] who is accused of murder. The novel shows the struggle between the boy and his family, the law, and his disability.[1]

**Inside Asperger's Looking Out by Kathy Hoopmann**

Through engaging text and full-color photographs, this book shows neurotypicals how Aspies see and experience the world.

**The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband by David Finch**

The warm and hilarious bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage.

**Life and love: positive strategies for autistic adults. Zaks, Z.**
Discusses and suggests positive strategies for dealing with everything from sensory issues, disclosure and surviving at work, to getting along better with a partner or close friend.

*Life With a Partner or Spouse With Asperger Syndrome: Going over the Edge? Practical Steps to Savings You and Your Relationship* by Kathy J. Marshack, PhD

Psychologist Kathy Marshack shares poignant true stories based on her own life and the lives of her clients, focusing on how partners/spouses of someone with AS can take back their own life and find true meaning and happiness.

*Living with an Aspergers Partner: Relationship Skills for Couples Affected by Aspergers* by Mark Hutten

A downloadable eBook designed to help couples who are experiencing relationship difficulties related to the Aspergers condition.

*Look Me in the Eye: My Life with Asperger’s* by John Elder Robison

Ever since he was young, John Robison longed to connect with other people, but by the time he was a teenager, his odd habits—an inclination to blurt out non sequiturs, avoid eye contact, dismantle radios, and dig five-foot holes (and stick his younger brother, Augusten Burroughs, in them)—had earned him the label “social deviant.” It was not until he was forty that he was diagnosed with a form of autism called Asperger’s syndrome.

*Love, sex and long-term relationships: what people with Asperger syndrome really really want.*

Hendrickx, S. (2008)

Explores issues of how to establish or conduct sexual relationships.

*Loving the Tasmanian Devil - Reflections on Marriage and Asperger Syndrome* by Maureen McCarthy Bartlett

A very compassionate and realistic account of the effects of Asperger’s Syndrome within the context of family life.

*The Mom’s Guide to Asperger Syndrome and Related Disorders* by Jan Johnston-Tyler

Drawing its credibility from the author’s personal experience both as the mom of a son with Asperger Syndrome and her study of and work with children and adolescents with special needs, this book is especially helpful during the preschool through elementary school years.

*Normal but Different: A Short Story about Asperger’s Syndrome* eBook by Brian Comerford

*Quirky, Yes—Hopeless, No: Practical Tips to Help Your Child with Asperger’s Syndrome Be More Socially Accepted* by Cynthia La Brie Norall, PhD

She founded the Friends’ Club, based in Carlsbad, California, where she has helped thousands of Asperger’s kids learn basic social skills.

*Raising Cubby: A Father and Son’s Adventures with Asperger’s, Trains, Tractors, and High Explosives* by
by John Elder Robison
The slyly funny, sweetly moving memoir of an unconventional dad’s relationship with his equally offbeat son—complete with fast cars, tall tales, homemade explosives, and a whole lot of fun and trouble

The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism by Naoki Higashida, KA Yoshida (Translator), David Mitchell (Translator)
Written by Naoki Higashida, a very smart, very self-aware, and very charming thirteen-year-old boy with autism, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine

Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life by Liane Holliday Willey
Liane Holliday Willey explores the daily pitfalls that females with AS may face, and suggests practical and helpful ways of overcoming them. The focus throughout is on keeping safe, and this extends to travel, social awareness, and general life management

Social skills for teenagers and adults with Asperger syndrome: a practical guide to day-to-day life. Patrick, N.J.
Advice on day-to-day social skills, friendships and relationships eg visits to the dentist or doctor, searching for a job or dealing with public transport.

Sex, sexuality and the autism spectrum Lawson, W.
Discusses the impact that having an ASD has on communication, relationships and sexuality including bisexuality, homosexuality or transgender dispositions. Includes worksheets and a sensory profile discussion sheet.

The Spark: A Mother’s Story of Nurturing, Genius, and Autism by Kristine Barnett
In this book, Kristine tells the story of how they got from that diagnosis at age 3 to her son enrolling in college level courses in math, astronomy and physics at 8 years old and going on to work with a renowned physicist and possibly being in line for a Nobel Prize at some future time for his research

Stuck: Asperger's Syndrome and Obsessive-Compulsive Behaviors by Jonathan Hoffman, PhD, ABPP
Stuck provides a roadmap for understanding and addressing the complexities of AS, especially the presence of obsessive-compulsive behaviors (OCBs) that so frequently complicate basic functioning for both the child and others involved in their lives.

Written by an adult with Asperger syndrome, this book gives advice on overcoming everyday challenges such as developing independence skills, improving their social life and hopes for a better future

Take Control of Asperger’s Syndrome: The Official Strategy Guide for Teens With Asperger’s Syndrome and Nonverbal Learning Disorders by Janet Price
A unique handbook for kids and teens on living successful lives with these disorders by taking control of their strengths to overcome their weaknesses.

*Ten Things Every Child with Autism Wishes You Knew: Updated and Expanded Edition* by Ellen Notbohm; Veronica Zysk
This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.

*Thriving in Adulthood with Asperger's Syndrome: A Guide for Adults and Those Who Love Them* by Craig Kendall
Kendall gives plain advice to someone with Asperger's in the nuts and bolts of ordinary life making friends and keeping them, attaining and maintaining romance and marriage, navigating interviews and office politics in the workplace, how to decide who to tell about your condition, how much personal information to share, when, and why.

*The Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism* by Temple Grandin and Sean Barron
Born with autism, both authors now famously live successful social lives. But their paths were very different. Temple's logical mind controlled her social behavior. She interacted with many adults and other children, experiencing varied social situations. Logic informed her decision to obey social rules and avoid unpleasant consequences. Sean's emotions controlled his social behavior. Baffled by social rules, isolated and friendless, he made up his own, and applied them to others.

*Women From Another Planet?: Our Lives in the Universe of Autism* by Jean Kearns Miller
It's a collection of stories and conversations, all of them by women on the autism spectrum who speak candidly, insightfully, and often engagingly about both their gender in terms of their autism and their autism in terms of their gender.