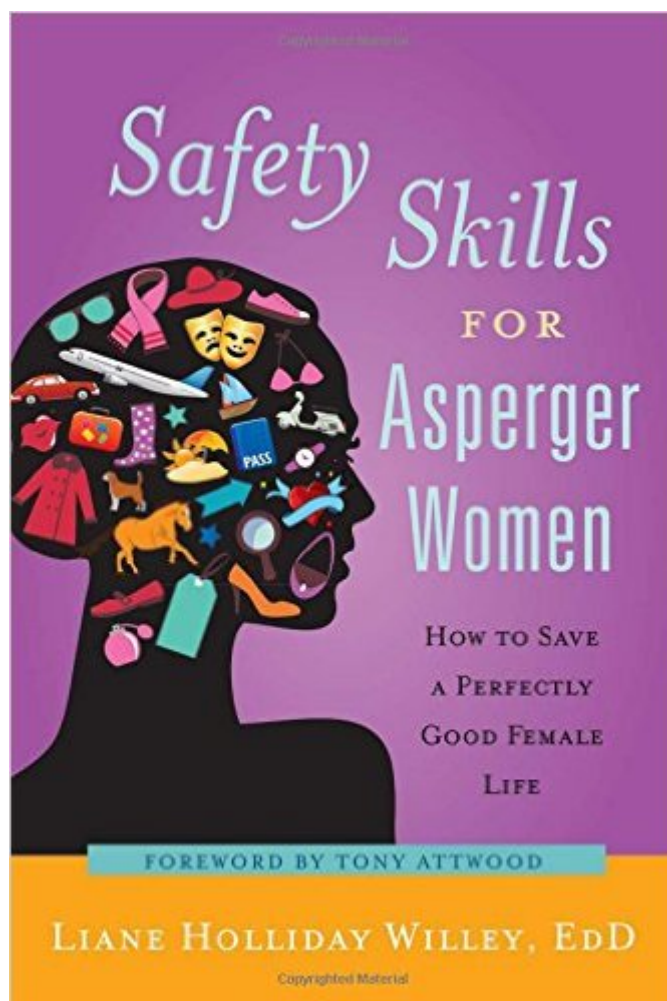


The book was found

Safety Skills For Asperger Women: How To Save A Perfectly Good Female Life



Synopsis

Life with Asperger Syndrome can be a challenge at the best of times, and trials and tribulations that neurotypicals take in their stride can leave Aspies perplexed and unsure of how to solve problems and keep themselves safe, both physically and emotionally. 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. With deeply personal accounts from the author's own experiences, this book doesn't shy away from difficult issues such as coping with bullying, self-harm, depression, and eating disorders. The positive and encouraging advice gives those with AS the guidance to safeguard themselves from emotional and physical harm, and live happy and independent lives. This book will be essential reading for all females with Asperger Syndrome, their friends and families, and all professionals whose work brings them into contact with females with AS.

Book Information

Paperback: 159 pages

Publisher: Jessica Kingsley Pub; 1 edition (August 15, 2011)

Language: English

ISBN-10: 1849058369

ISBN-13: 978-1849058360

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #392,521 in Books (See Top 100 in Books) #184 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness](#) #367 in [Books > Health, Fitness & Dieting > Children's Health > Autism & Asperger's Syndrome](#) #1221 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

Many autistic women live for decades without knowing that their quirks, the ones they have struggled to keep hidden, come with a medical diagnosis and--admission to a sisterhood. This shocking discovery at midlife is a trip down the rabbit hole few can even understand. Liane's straightforward safety guide provides the unique perspective of someone who has lived through the struggles of her reader, found ways to cope and has become strong enough to light the way for the rest of us. Her stories are our stories, only with coping tips to make it all better. With her easy

narrative and handy lists, Liane provides such hope. No matter how alone I might feel, I know that I am not alone--that Liane and my other sisters are going through much the same issues in much the same way. This book is a "must have" for women on the spectrum, not just for the many helpful tips and reminders, but also for the hope that comes from understanding and accepting ourselves at long last. Truly, it is a ground-breaking book. Yet, I look forward to the day when the unique perspective and knowledge Liane has imparted is common knowledge. One day, perhaps, women on the spectrum will no longer have to be taught of their unique place in the spectrum sisterhood. One of the reviewers here mentions that Liane's stories paint her as the victim; this isn't what I experienced at all. My impression is that Liane's accounts finally tell what it feels like to be overwhelmed in the airport (among other stories), confronted with information that simply will not be processed given the surroundings, environment and stress of travel. (You mean, I'm NOT the only one who has had these, according to NTs, "ODD" reactions?)

Having found Liane Holliday-Willey's *Pretending To Be Normal* a wonderful resource for the not-so-widely recognized women who occupy the autism spectrum, I was excited to learn that she had written a book specifically addressing safety skills. Tony Attwood's foreword was beyond amazing. It is clear that he has an exceptional understanding of the autism spectrum, including the experiences and differences that women face with diagnosis that is most often recognized as a "male disorder". If you're expecting the rest of the book to provide such amazing insights, it will not. The actual book was unimpressive and rather disappointing. I wouldn't go so far as to say it was void of useful information, but it really did leave out some of the more critical things that come to mind when I think of how to stay safe while navigating a social world that may feel akin to being in a culture where everyone is speaking a different language and the customs are unfamiliar. While it is pointed out in the beginning of the book that women on the spectrum may be at greater risk for abuse, and Liane admits she was one of them, there is very little said about how to recognize potential dangerous situations. That would have been extremely useful, since generalization is not something which tends to come intuitively for "Aspies". Further, it was noted that eating disorders seem more common in women on the spectrum, yet it doesn't address (to an adequate extent, in my opinion) how to recognize warning signs or the importance of seeking help. Topics such as hygiene and social situations seemed to get more attention, and frankly, these are not life or death problems when it comes down to lacking adequate information like some of the other issues can be.

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