

Asperger's and Self-Esteem

Insight and Hope
Through
Famous
Role Models



Norm Ledgin

FOREWORD BY

Dr. Temple Grandin

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Aspergers And Self Esteem Insight And Hope Through Famous Role Models:

Asperger's and Self-Esteem Norm Ledgin, 2012-10-01 The Author of Diagnosing Jefferson introduces twelve more high achieving role models who have made significant contributions to our world Role models include Einstein Mozart Darwin Jefferson Welles Levent Robeson Curie Mendel Mozart Bartok Sagan Gould and Hartford All exhibited traits common to people with Asperger s Syndrome Today s young people and adults with AS can also make a difference if they are given support opportunities and the freedom to explore their abilities Many accomplished people have been loners self taught obsessed by an idea and known for their lack of social skills How many of them would be diagnosed with Asperger s today Norm Ledgin makes convincing arguments for an Asperger s role in each of their extraordinary lives Helpful chapters include A Challenge for Parents Teachers and Health Care Professionals The Lonely Perspective of the Asperger s Child Dealing with Fixations that Drive Us Nuts A Ride in the Time Machine of Logic Finding and Offering Relevant Role Models Surprising and Strange Parallels A New Look at the Concept of Genius Our Discomforts Their Rights Choosing to be Gentle on Their Minds Parents as Role Models Asperger's and Self-Esteem Norm Ledgin, 2002 While history has recorded the often prodigious achievements of well known historical figures it has seldom pointed out the indicators of Asperger s syndrome This author has identified 12 people from history and recent times who achieved despite traits that are now identified with Asperger s syndrome *Coming Out Asperger* Dinah Murray, 2006 This book explores the complexity of diagnosis for Asperger Syndrome the drawbacks and benefits of disclosing a hidden disability and how this impinges on self esteem The contributors include some of the best known and most exciting writers in the field of AS today and include individuals on the autism spectrum parents and professionals Girls Growing Up on the Autism Spectrum Shana Nichols, 2009-01-15 This book covers the concerns faced by girls with ASDs and their parents from periods and puberty to friendships and fitting in Looking at these issues within the context of specific areas of difficulty for girls with ASDs the authors provide families with the knowledge and advice they need to help the whole family through the teenage years Autism and Adolescence Temple Grandin, 2024-09-03 Temple Grandin draws on her own experience to deliver an essential guidebook for guiding and nurturing autistic youth She gets to the REAL issues of autistic adolescents the ones parents teachers and individuals on the spectrum face every day Topics include Strategies for non verbal teens Autism and driving Preparing for college Acquiring social skills Developing talents And much more In these helpful pages Dr Grandin offers do s and don ts practical strategies and try it now tips all based on her insider perspective and extensive research Interestingly she argues that adolescents on the autism spectrum must focus on their overlooked strengths to foster their unique contributions to the world She has packed a wealth of knowledge into this book which serves as an excellent reference resource for the parents educators and caregivers of autistic adolescents Rather than continuing to waste the singular gifts of autistics driving a collective loss in productivity and innovation Grandin proposes new approaches to educating parenting employing and collaborating with them

In a highly competitive world this important book helps us see we need every mind on board **The Way I See It** Temple Grandin, 2020-04-03 Dr Temple Grandin gets to the REAL issues of autism the ones parents teachers and individuals on the spectrum face every day Temple offers helpful dos and don'ts practical strategies and try it now tips all based on her insider perspective and a great deal of research These are just some of the specific topics she delves into how and why people with autism think differently economical early intervention programs that work how sensory sensitivities affect learning behaviors caused by a disability vs just bad behaviors teaching people with autism to live in an unpredictable world alternative vs conventional medicine and employment ideas for adults with autism *Talking Teenagers* Ann Boushey, 2007-01-01 Written by the mother of a teenager with autism this book provides advice to parents on how to deal with issues that may arise with their teenagers Covers holidays anger school bullying sex and religion *El autista y su voz* Jean-Claude Maleval, 2018-02-15 Los testimonios de autistas han ayudado a los profesionales a constatar que la voz constituye un objeto pulsional al que el autista presta una atención particular Aunque se haya representado durante mucho tiempo al niño autista como un ser mudo que se tapa los oídos los profesionales han constatado que la voz constituye un objeto pulsional al que el autista presta una atención particular muchos autistas se preguntan acerca del misterio de la palabra colocando la mano sobre la garganta de su interlocutor otros intentan que los objetos hablen en su lugar la mayoría demuestran un interés especial por la música y las canciones Si mantienen la propia voz en reserva bien por el mutismo o bien por el borrado de la enunciación es debido al temor a sentirse vacíos si la utilizan para la llamada Esta no cesión del disfrute vocal tiene como consecuencia maneras específicas de manejar el lenguaje que van desde convertirlo en una lengua de signos desprovista de toda afectividad pero cercana al intercambio hasta lenguas privadas que sirven poco para la comunicación Los testimonios de autistas de alto nivel que presenta la obra permiten al profesional de hoy orientarse mejor en la clínica clínica del autismo que Kanner desarrolló en sus inicios Sus testimonios demuestran que los métodos que mejor los ayudan son aquellos que no sacrifican ni la individualidad ni la libertad del sujeto sino los que se apoyan en sus invenciones y en sus oasis de capacidad

The Asperger Personal Guide Genevieve Edmonds, Dean Worton, 2006-10-30 Self esteem should be enhanced as people with AS read Edmonds and Worton's presentation of how AS has impacted on their lives They are both positive advocates for encouraging others to view their AS as a positive This book is easy to read and full of valuable strategies to help others who have ASD Autism Awareness Following on from the Asperger Love Guide and Social Guide this third book in the series of self help practical life guides aims to cover the personal issues that an adult with Asperger's syndrome faces in a world not designed for people with autism Written from a male and female perspective of two Asperger's adults it looks at o the positive aspects of Asperger's syndrome o how these translate into everyday life o whether Asperger's syndrome is in fact a disability o strategies to gain mental and physical health as an adult with Asperger's syndrome The book aims to help adults gain self esteem and get the most out of themselves as a unique adult with Asperger's syndrome These courageous authors

have drawn upon their personal experiences to provide an outstanding series of books aimed to support and enhance the quality of life for other Asperger adults

An Aspie's Guide to Overcoming Poor Self-Esteem Dr Anthony Attwood, Craig Evans, Anita Lesko, 2014-11-28 This ebook gathers a team of top Aspie mentors to pass along their insights on managing low self esteem a key stressor for people with Asperger s Syndrome With 8 inspiring mentor essays commentary from world expert Dr Tony Attwood and Aspie artwork this bite size book puts the help you need to overcome self esteem issues right in your hand

The Asperger Personal Guide Genevieve Edmonds, 2006 Following on from the Asperger Love Guide and Social Guide this third book in the series of self help practical life guides aims to cover the personal issues that an adult with Asperger s syndrome faces in a world not designed for people with autism Written from the perspective of two Asperger s adults it looks at the positive aspects of Asperger s syndrome and how these translate into everyday life strategies for mental and physical health as an adult with Asperger s syndrome The book aims to help adults gain self esteem and get the most out of themselves as a unique adult with Asper

Pretending to be Normal Liane Holliday Willey, 1999-05-01 This accomplished author demonstrates incredible insight into her AS and how it has shaped her life She is courageous in sharing with the reader moments clearly painful to recall which offers parents a rare peek inside the world of their children At times mesmerized by her poetic style Willey is the first AS author to effectively convey the emotion and isolation experienced by these individuals ASPEN Newsletter For families living with Aspies and professionals working with them this is highly recommended to further understand the challenges of Asperger Syndrome Joan Wheeler CoOrdinator Regional Services This autobiographical narrative details the life of a woman with Aspergers Syndrome AS a mild form of autism It focuses on the obstacles she confronts her means of overcoming them and her ultimate recognition and acceptance of her status as an aspie The book will be an aid for people who have AS and it may be even more useful for those who do not have it but who are close to someone who does Disability Studies Quarterly The book will be of great benefit to everyone concerned to help children and adults with mild Asperger s syndrome but most of all to the people who are themselves affected Child Psychology and Psychiatry The author is a university lecturer who found that many of the puzzles of her own life fell into perspective when after several years of knowing one of her twin daughters was different from the other she eventually found someone who listened and explained Asperger s Syndrome She vividly describes her own difficulties and emotions as she herself grew up with Asperger s Syndrome Her story is told simply and through it we gain insight into what it is like to lose your way in your own home town be assaulted by your heightened senses and attempt to unravel the mysteries of social communication In the appendices she describes the strategies that have been of most help to her This book is a testimony to the exceptional qualities of those who have Asperger s Syndrome Therapy Weekly Before reading this book I had some academic knowledge of the symptoms of Asperger s Syndrome which had stimulated my curiosity about what it might be like to suffer from the condition I looked forward to reading the book to see if it would help me to understand how a person with

Asperger's might think and feel I was not disappointed. The book is well written and easy to read and I found it hard to put down. I felt the author's descriptions of her struggles to communicate with others and cope with sensory overload gave me a real insight into how Liane thinks and feels. It also gave me food for thought about conformity pressures in our society and how we treat people who seem different from the norm. This is a hopeful and optimistic book. Liane is a doctor of education and she is happily married with three children. I used the words 'suffer from Asperger's syndrome' deliberately in the first paragraph as that is how I saw it. Liane has a different view; she does not minimise the difficulties she has had to face but she does not wish she was different. She challenges us to think about what we mean by the word 'normal' and to be less rigid in our thinking about 'normal' behaviour. I believe this is a valuable read for all counsellors and will give them much food for thought. Asperger's syndrome occurs with varying levels of severity. Hopefully reading the book will help counsellors to work more effectively with clients who may have the syndrome to some degree and to avoid labelling them as 'difficult'. It would also be very useful for clients where they or one of their relatives might have Asperger's Syndrome. *Relate News*. Liane's autobiography will allow others to understand the world as perceived by a person with Asperger's Syndrome. I strongly recommend this book for teachers as it will provide the previously elusive reasons for behaviours that were considered unconventional or appeared to be abnormal. Specialists and therapists who diagnose and treat such children will find the book a treasure trove of information and insight. This book will be an inspiration for thousands of people throughout the world.

From the Foreword by Tony Attwood: This accomplished author demonstrates incredible insight into her AS and how it has shaped her life. She is courageous in sharing with the reader moments clearly painful to recall which offers parents a rare peek inside the world of their children. At times mesmerized by her poetic style, Willey is the first AS author to effectively convey the emotion and isolation experienced by these individuals. **ASPEN Newsletter** **Getting a Life with Asperger's**

Jesse A. Saperstein, 2014-08-05: Hard won insights on transitioning into adulthood. Author, speaker and autism advocate Jesse A. Saperstein knows a lot about living with Asperger's. Diagnosed at the age of 14, Jesse has struggled, triumphed, flubbed, soared, educated and inspired. Along the road to adulthood, he has learned many lessons the hard way. In this honest and engaging book, he offers a guided tour of what he's learned about getting along with others, managing emotions, succeeding in school and work, building relationships and more. Among his Asperger's Rules are: Clean Up Your Own Mess (including but not limited to credit card debt, out of control collections and your cesspool of a room); You Can't Bail Out the Titanic with a Wine Glass; or change the world of online dating. Serving as a Role Model to the Next Generation of Asperger's Syndrome. Navigating the challenges of college and the unrelenting storm of transition. The Road to Catastrophe is Paved with Good Intentions: understanding how others perceive you even if they're wrong. WIN: Work Is Necessary. You are talented enough to maintain employment even if your options are not ideal. Confronting Memories of Bullying and Showing Mercy toward Yourself. Heartfelt, insightful and generous, this book will enlighten and inform readers whether they are on the autism

spectrum or not **Look Into My Eyes** Dan Jones, 2016-02-26 Explore the world through the eyes of someone with Asperger's syndrome. *Look Into My Eyes* is an autobiography of one man's life through the lens of Asperger's syndrome, a high-functioning form of autism spectrum disorder. As a small child, Dan knew he was different from other children; they would want to play football and interact with each other, but he would want to crawl around searching for snails, keeping himself to himself. Dan found his own coping strategies to manage his anxieties, discovering meditation as an eight-year-old and hypnosis as a teenager. A helpful and insightful read for parents of children with Asperger's, this book offers a rare insight into what it is like to live with Asperger's. Dan has a unique perspective; not only does he have Asperger's, but a large part of his professional life has been spent working with people with autism spectrum disorder and their carers, so this book shares ideas and advice about what to do if you're seeking a diagnosis for yourself or a child. Through this book, you will be taken into Dan's world from birth to adulthood through his experiences of the world around him, exploring what has been helpful and what hasn't. Dan is open and honest about both the positive and negative aspects of himself and shares how Asperger's has impacted on all areas of his life, what he has done to address the challenges he faces. Asperger's wasn't used as a diagnostic term until the mid-1990s, by which time Dan was leaving school and moving into the world of work. Until recent years, Dan disliked diagnostic labels because of the way people would take the label and turn it into an identity which would disempower them. He also saw parents and carers do this with their children where they wouldn't address things; instead, they would blame the label for undesirable aspects of their child's behaviours. What changed for Dan was his experience of being discriminated against. He realised that having a diagnosis may help him challenge the way he was being treated by giving him access to occupational health support. Following his diagnosis, he started to reflect on his life and realised many things could have gone differently had he been diagnosed sooner. Having Asperger's can be overwhelming. Every moment can be a sensory overload. I can be walking through a town centre and I will be hearing jarring sounds of machines and cars and the chaos of hundreds of different voices and movement coming from everywhere, having to dodge people constantly, having to try to adapt to people stopping and starting, darting my attention from face to face and to dogs, people are walking and to movement of signs and flashes of sunlight off windows and objects people are carrying. Normally, my only escape is to go into my mind and shut out as much as possible. I have tried to convey this chaos and sensory assault through my writing. The magic of learning hypnosis. The event which transformed Dan's life, the most growing up was watching Paul McKenna on TV and reading two of his books. This triggered a lifelong interest in hypnosis. Hypnosis is essentially the study of advanced communication skills, how to apply those skills in social interactions and how to understand people's verbal and non-verbal responses and behaviours. Dan shares the impact hypnosis has had on his life and what it is that hypnosis has taught him. One of the biggest motivations for Dan to write this book was to give hope to parents of children with Asperger's and to those with Asperger's Syndrome. Through his work, Dan has encountered many parents that seem to have no hope for the future of

their child They deeply love their child who has Asperger s but many of the parents seem to believe that their child won t achieve much in life because of their diagnosis one aim of this book is to give hope to those parents

Glass Half-Empty, Glass Half-Full Chris Mitchell, 2005-07-21 Chris Mitchell was 20 when he was diagnosed with Asperger syndrome Both his academic success and the horrendous bullying he suffered highlight the mixed blessings of mainstream education for a child with Asperger syndrome While his eventual success is heartwarming from today s understanding of Asperger the ignorance and hostility Mitchell faced throughout his early life are shocking TES Extra for Special Needs This autobiographical account of a young man s discovery that Asperger s syndrome could explain his early problems and provide light at the end of the tunnel is both insightful and inspiring Parents of children with Asperger s syndrome and also older aspies will profit from Chris s hard won experience Dyslexia Contact This is a straightforward read full of concrete examples of how Asperger s syndrome affects the individual but at the same time acknowledging that every individual is different Having experienced first hand the vulnerability of the adolescent with Asperger s syndrome desperate to make connections with those around him but constantly being knocked back I was delighted to read about the friendships Chris Mitchell eventually establishes when he takes the brave decision to make contacts through the web and sets out on his travels I would particularly recommend this book to those with little knowledge of Asperger s syndrome especially for anyone involved in helping those with a diagnosis of Asperger s syndrome through further education British Journal of Special Education This book is a must read for any parents of children with Aspergers syndrome and also older aspies themselves They will be able to relate to the slightly quirky writing style and profit from Chris s hard won experience These children are so individualistic and often isolated from like minds so the book will provide some solace that there are other people like them Judith Stansfield Chair North Richmondshire Community Partnership SEN ICT Consultant NASEN ICT Group BDACC Reviews and Literature Editor This book shows how one individual with very severe handicaps due to Asperger s Syndrome won through in the end and achieved despite such a poor beginning This is a book which should be read by anyone who has been diagnosed with Asperger s Syndrome or feels he or she might have this condition Dr L F Lowenstein National Association Gifted Children Newsletter This is an unusual book in that it is written by a man where most autobiographical books about autism are written by women It is both very readable and well written with a detached and honest account of his childhood family life and life prior to diagnosis He gets on well with his family and they are happy that he has written this book and happy with the book despite some implied criticism of how they brought him up Indeed it comes across as less aggressive than some accounts so it is particularly insightful for parents and other empathototypicals who might find more black and white descriptions of their mistakes hurtful As with every book written by someone on the spectrum that I have seen it is a short book giving a snapshot of his difficulties and joys before and also after his diagnosis giving highlights of specific problems and pleasures Overall I think it would be a good book for someone who recognises himself in the author or as a starting point for deepening your

understanding of your brother son or friend or if you are already interested in this condition to broaden your understanding of the ways that it present itself Asperger United A n especially uplifting read for a young person or adult newly diagnosed with Asperger s Syndrom It also would help those unfamiliar with Asperger s Syndrome to understand the condition much better REACH This gripping and at times astonishing story will be inspirational to all adults either facing Asperger s Syndrome personally or interacting with someone who has been diagnosed In his own imitable style Chris Mitchell describes his life before and after diagnosis with Asperger s Syndrome We follow Chris through primary and secondary school where his lack of social interaction and anger continually land him in trouble and where he is bullied for being different Only his excellent memory and specialist interests enable him to continue and pass his GCSEs and a GNVQ in Media Studies At university he is diagnosed with Asperger s Syndrome Suddenly his life makes more sense and his self awareness means his self confidence returns resulting in world travel a Masters qualification in Information and Library Management and finally acceptance Chris Mitchell is a Records Assistant at Durham County Record Office and also does public speaking on the subject of Asperger s Syndrome "Wait, What Do You Mean?" Martha Schmidtman Dunne,Aspie Speakers,2010-09-22 The cover is eight year old Dylan Dunnes artwork Loved and saved for twenty eight years by the author it seemingly was meant for the cover of this book featuring son Dylan The drawing is profound in its prescience and lyrical in its execution Like a juvenile self portrait the depiction personifies the child who no wonder would grow up saying Wait What Do You Mean It is this moms Aspie Boy This tell and show story is about a family losing one son and finding another It is about anxiety confusion depression information identification acceptance and appreciation a classic theme of darkness and light But the story is about much more than one family It is about three generations of living as an adult with Aspergers Syndrome Commentary from those who now recognize their presence in Aspiedom writing on WrongPlanet net other Internet forums and on personal blogs is included here In the Aspies Speak chapter they unfold their experiences for you as you turn the pages **A Long Walk Down a Winding Road** Sam Farmer,2019-10-29 From the unique perspective of someone living on the autism spectrum comes an exceptional book for those who want to carve out better lives for themselves Interwoven with real stories of personal triumphs A Long Walk Down a Winding Road offers clear advice and simple steps for overcoming adversity and improving your life Growing up Sam Farmer contended with challenges many of us face He was bullied faced difficulties around self awareness and social skills and struggled to build self esteem At the age of forty he received a life altering diagnosis of Asperger s syndrome In spite of initial feelings of frustration and confusion he learned to embrace his newfound Aspie profile recognizing that doing so would ultimately pave the way toward acquiring self love Farmer has written this book in order to share his ideas and insights learned along the winding road of his life The stories and wisdom shared will inspire and empower everyone to help themselves achieve happier more productive lives By emphasizing the importance of a broader acceptance of autism and arguing why it should not be thought of as a disorder Farmer illustrates

how society can greatly benefit from showing an understanding of people who are different *Standing Down Falling Up*
Nita Jackson,2002-01-01 The author enables parents and professionals to see inside an Asperger mind Interwoven into the text is some sound advice about the best ways of helping individuals with the syndrome This includes some helpful recommendations for teaching Asperger students with an attached list of things teachers should know Throughout there are poignant reminders of the author s vulnerability and the cruelty of some of her acquaintances British Journal of Learning for Support This book will be relevant to teachers those working within FE and HE and professionals working in the field of mental health Educational Psychology in Practice This book is easy to read and one to recommend to colleagues parents and possibly some young people with Asperger s Syndrome Support for Learning Nita s personal account of living with Asperger s Syndrome is an enlightening read Each chapter gives a revealing insight into her personal experience and challenges of day to day life Contact a Family This book is a fascinating account of Nita Jackson s experience of Aspergers Syndrome If you have already read Clare Sainsbury s Martian in the Playground don t expect a similar publication Nita offers a personal account of her unique world is she size 10 or 16 where does she come from will she be up or down today The book contains personal descriptions of how Aspergers Syndrome affects the author s day to day life and the people around her Nita shows off her intensely creative talent in her poetry and diary entries which are used throughout the book At times this is an uncomfortable read However it is an essential text if you want to understand how the world looks from Nita s perspective

An Aspie's Guide to "Faking It" Dr Anthony Attwood,Craig Evans,Anita Lesko,2014-11-28 This ebook gathers a team of top Aspie mentors to pass along their insights on faking it in a Neurotypical world a key stressor for people with Asperger s Syndrome With 8 inspiring mentor essays commentary from world expert Dr Tony Attwood and Aspie artwork this bite size book puts the help you need right in your hand Thinking in Pictures, Expanded Edition Temple Grandin,2006-01-10 The 25th anniversary edition of this seminal work on autism and neurodiversity provides a uniquely fascinating view Deborah Tannen author of You Just Don t Understand of the differences in our brains and features updated research and insights With a foreword by Oliver Sacks Originally published in 1995 as an unprecedented look at autism Grandin writes from the dual perspectives of a scientist and an autistic person to give a report from the country of autism Introducing a groundbreaking model which analyzes people based on their patterns of thought Grandin charts the differences between her life and the lives of those who think in words The Philadelphia Inquirer For the new edition Grandin has written a new afterword addressing recent developments in the study of autism including new diagnostic criteria advancements in genetic research updated tips insights into working with children and young people with autism and more

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Aspergers And Self Esteem Insight And Hope Through Famous Role Models Introduction

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