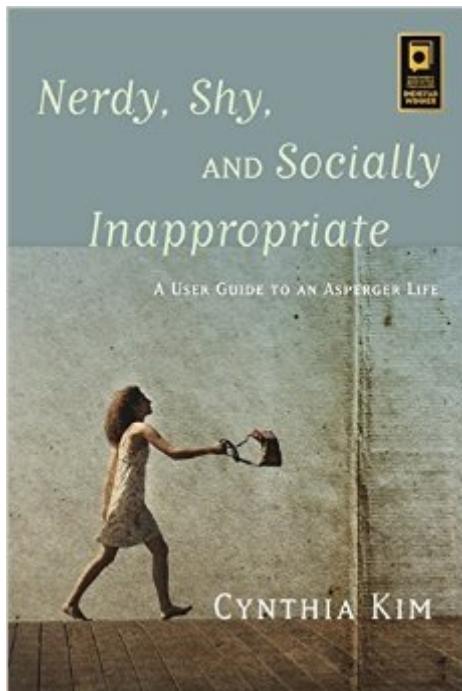


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# Nerdy, Shy, And Socially Inappropriate: A User Guide To An Asperger Life



## **Synopsis**

Cynthia Kim explores all the quirkiness of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of being autistic. Her own life presents many rich examples. From being labelled nerdy and shy as an undiagnosed child to redefining herself when diagnosed with Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with the results of extensive research to explore the 'why' of ASD traits. She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism. Well known in the autism community and beyond for her popular blog, *Musings of an Aspie*, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.

## **Book Information**

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## **Customer Reviews**

"Nerdy, Shy, and Socially Inappropriate" is a much-needed book. Kim's writing addresses a population of adults with Asperger's who have not, thus far, had an articulate voice in Asperger's literature: "good girls" (and "good boys") who quietly make it to adulthood without being diagnosed. Those who have struggled through school and work, taking their challenges upon themselves, and

succeeded enough to pass as intelligent people not quite working to their potential, will find this a particularly welcome text. The same traits that keep these "quiet kids" under the radar as children continue to create difficulties into adulthood, and Kim is a knowledgeable and sympathetic guide for this experience. As it now stands, popular Asperger's literature can be foreign terrain for those in whom intelligence and disability coexist with a overcharged sense of responsibility. The warranted success of memoirists like John Elder Robison and Jeannie Davide-Rivera (alongside more sober but extremely gifted advocates such as Temple Grandin) is creditable to their ability to tell evocative, energetic stories about themselves. While all of these authors are strong narrators, theirs are stories that only a small minority with Asperger's can recognize themselves in. If Temple Grandin's exceptional mind makes her a fascinating person and a patient and talented teacher in the neurology of autism, her personal experience is difficult to identify with unless you are yourself a savant. Robison and Davide-Rivera, conversely, present life with Asperger's as a sort of heedless tear through childhood and adolescence, full of risk-seeking behavior and impulsive experience, followed by a long denouement (after diagnosis) in which those adventures are retold and sifted for clues.

Having read Cynthia Kim's other book, "I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults," I was very eager to read this followup. As with her first book, this one does a superb job of offering support for those on the spectrum, specifically Asperger's Syndrome. In her latest book, "Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life," Cynthia Kim explores in detail and offers sound advice on a number of topics common to those with Asperger's Syndrome, including problems with social skills, obsessive thought patterns, communication difficulties, eccentric behaviors, rituals, limited interest range, problems with coordination, etc. She does an outstanding job of explaining in easy to understand language, the anguish of living with this disability. Of more importance, is her insight into the best ways to make this disability into more of a positive than a negative trait. She explains that many extremely gifted and talented people live with Asperger's Syndrome and in many ways having the diagnosis can be a blessing. Since she was never diagnosed as a child, all of the characteristics of Asperger's were unknown to her until adulthood. Unlike the vast majority of books on the subject, this one and its predecessor offer heartfelt hope for adults who are on the spectrum, or for those who may be wondering if they are. She explores all of the behavior characteristics of a person with Asperger's, and offers reassurance that it's nothing to be ashamed about. This book provides answers to so many questions that needed to be addressed.

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