

Contents

Foreword by Tony Attwood	9
Acknowledgements	11
1. An Introduction – Me and My Family	13
2. Asperger Syndrome and the Autistic Spectrum <i>A label or a signpost?</i>	19
3. To Tell or Not to Tell? <i>Giving the news</i> <i>How and when to tell other people</i>	30
4. Fascinations and Fixations <i>Specialist subjects</i> <i>Collections</i> <i>Compulsions</i> <i>Controlling a compulsion</i>	43
5. Sense and Sense Abilities <i>All of the senses – our different sensory perceptions</i> <i>All in a muddle</i>	60
6. A Different Physiology <i>Dietary differences</i>	77
7. A Word About Sleep <i>Medication</i> <i>Sleeping solutions for people with AS</i> <i>Sleeping solutions – tips for parents</i>	86
8. Language and Learning <i>Teenage talk</i> <i>Literalism and logic</i> <i>Precise parents make cheerful children</i>	99

9.	The Problem with School...	113
	<i>Reading, writing and 'rithmetic</i>	
	<i>Not to mention homework!</i>	
	<i>Not much fun and games</i>	
	<i>School or otherwise – if it still goes wrong</i>	
10.	Bullying	135
	<i>My experiences</i>	
	<i>What is bullying?</i>	
	<i>Why me?</i>	
	<i>When is a bully not a bully?</i>	
	<i>Dealing with bullies</i>	
11.	Taekwondo	154
	<i>My Taekwondo class</i>	
	<i>The History of Taekwondo</i>	
	<i>The benefits of Taekwondo</i>	
12.	Friendships and Socializing	163
	<i>How to win friends and influence people</i>	
	<i>A word of warning for pushy parents</i>	
13.	The Dating Game	170
	<i>Fathom those feelings</i>	
	<i>Top tips to enhance your chance</i>	
	<i>The rules of the game – do's and don'ts of dating</i>	
14.	Morals and Principles – Representation and Reality	179
	<i>Negative publicity</i>	
	<i>Rules are not made to be broken</i>	
	<i>Moral musings for adolescent Aspergers</i>	
15.	One Final and Positive Note	188
	Idioms – an Explanation	192
	Further Reading	197
	Useful Addresses and Websites	199
	Index	205