

TITLE: Six Word Lessons on Female Asperger Syndrome: 100 Lessons to Understand and Support Girls and Women with Asperger's

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Tracey Cohen is an adult woman on the autism spectrum who wasn't diagnosed until she was 39, but that didn't stop her from being a competitive runner, freelance writer and Returned Peace Corps Volunteer; she lives in Farmington Hills and this is her first book. As part of the Six Word Series of books, this is a compendium of short, but sweet pearls of wisdom about living life with ASD, accepting and embracing who you are, and enjoying life, no matter what. Starting with detecting signs of ASD in childhood, she then goes on to explain why ASD is often missed in girls. Females tend to be more social and their special interests don't stand out as much as in males, so females are often "under the radar" for many years before they get that all-important diagnosis. For example, Johnny may have a very strong interest in plumbing fixtures in antique sinks, which is considered highly unusual for a 10 year old, but Janey, who is also 10, may be really interested in Cinderella; while this may seem a little immature, it's not unusual enough for her to stand out, so her ASD may not be detected until she is 45 years old. In addition, clinicians have less experience with diagnosing females with ASD. Subsequent sections of this book cover social skills, navigating the social world, sensory integration, dealing with sensory challenges, dealing with and embracing change, and advice from the author's own personal experience. As with the other books in the unique series, each piece is numbered, so if, for example, I want to go back to the page where Tracey advises one to have an alternative back-up plan, or Plan B, if you will, in case your original plan went wrong, you would turn to Lesson 81 on page 104. This makes the book so much easier for the individual with ASD, the parent or the teacher to us. Each lesson is very short and is written in easy to understand language, so a busy parent or teacher or woman with ASD can breeze right through the book and finish it in no time! Tracy Cohen's tone is realistic yet optimistic and uplifting and this will be so reassuring to many females, so as myself who feel left out by the male-dominated ASD arena. This books should be in every library and school in the land!