

## Library catalogue

Our branch resource library was initially established thanks to funding from the Local Network Fund.

The Library will be open at our Support Group meetings, usually held on the 3rd Monday of the month and a selection is usually available at our monthly Family Youth Club and Partners' Group. Members unable to attend meetings regularly may contact the Branch Chair to join the library and specific items, if available, may be reserved for arranged collection. Please see the conditions below:

### Conditions of library membership and loan

- Membership is open to all members of the South Hampshire Branch of the National Autistic Society.
- We ask for a minimum donation of £5.00 for library membership.
- Up to 3 items may be loaned for a maximum of two months.
- No further items may be borrowed until a library member has returned any overdue loans.
- No loaned items are to be passed on to other persons to borrow – items are for exclusive use of library members only.
- All items must be returned promptly, in good condition, either to a branch meeting or directly to the Branch Chair, Email: shants@nas.org.uk for details.
- Videos, DVDs and other special items may be subject to an individual returnable deposit each time they are loaned.
- Lost or damaged items must be replaced by the borrower, otherwise failure to return items or returning damaged items will result in cancellation of membership.

If you wish to purchase any of these items, guide prices are indicated below. Most items are available from either the National Autistic Society publications department, Jessica Kingsley Publishers or Amazon.

### Books

#### 1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders

Ref: 245

Ellen Notbohm

£12.47

Parents and professionals can now bypass countless hours spent seeking answers to the mystifying day-to-day challenges of autism. In a snappy, can-do format, this book offers page after page of try-it-now solutions that have worked for thousands of children grappling with sensory, communication, social, behavioral, and self-care issues. Not only does it provide ideas and activities that can be put into action immediately, but it also explains why these methods work so that adults can better understand the children they are working with.

#### 22 Things a Woman Must Know: If She Loves a Man With Asperger's Syndrome

Ref: 414

Rudy Simone

£9.99

Although having Asperger Syndrome (AS) can make romantic relations difficult, having a fulfilling relationship with an Asperger man is certainly not impossible. A woman in love with a man with AS may interpret his difficulties with communication and socialization as a lack of interest in the relationship. He may vacillate between being gentle and caring to seeming cold and distant. She may find his behaviour hard to understand, resulting in feelings of loneliness, isolation, and confusion. This book shows how to overcome these difficulties and maintain a loving relationship with an AS partner. From an unwillingness to show affection in public or even sleep in the same bed to problems holding down a job, this book looks at 22 common traits that women may discover when they are dating, living with or married to a man with Asperger's Syndrome.

#### 22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know

Ref: 413

Rudy Simone

£9.99

Rudy Simone covers 22 common areas of confusion for someone dating a female with AS and includes advice from her own experience and from other partners in real relationships. She talks with humour and honesty about the quirks and sensitivities that you may come across when getting to know your partner. All the pivotal relationship landmarks are discussed, including the first date, sex, and even having children.

#### A Book About What Autism Can Be Like

Ref: 203

Sue Adams

£6.99

Sue explains in child-friendly terms the differences that can come with autism: different ways of processing information, different sensory awareness - different wants and needs. Sue also explores the gifts that autism brings and her cheerful illustrations emphasise her positive message: it's cool to be different. Sue is a secondary school teacher and mother of three children, including Chris, who has autism.

#### A Different Kettle of Fish, A Day in the Life of a Physics Student with Autism

Ref: 345

Michael Barton

£9.99

On a journey from the comfort of his familiar surroundings into the hectic environment of London, Michael Barton observes the world around him from the rational perspective of someone on the autism spectrum, complete with quirky illustrations and humorous anecdotes about contradictory signage, hidden meanings and nonsensical figures of speech.

#### A Friend Like Henry

Ref: 247

Nuala Gardner

£4.90

This is the inspiring account of a family's struggle to break into their son's autistic world - and how a beautiful retriever dog made the real difference.

**A mind of one's own**

Ref: 269

Digby Tantam and Sue Prestwood

£4.50

This is a valuable book offering guidance on supporting an adult with high functioning autism or Asperger syndrome. It deals practically with the emotional and physical issues arising throughout an individual's life, such as marriage, developing hobbies and ageing.

**A Parents' ABC of the Autism Spectrum**

Ref: 423

Stephen Heydt

£10.99

This user-friendly handbook, designed to support parents whose children have diagnosed with ASD, provides answers on a range of topics in brief articles arranged into alphabetical categories.

**A Practical Guide to Mental Health Problems in Children with Autistic Spectrum Disorder**

Ref: 355

Khalid Karim, Alvina Ali and Michelle O'Reilly

£19.99

This book explores the relationship between mental health and ASD. Illustrating with case studies a wide range of mental health issues commonly found in autistic children, the authors go on to suggest practical strategies for parents and professionals to help ameliorate the difficulties which arise from these co-morbid mental health conditions.

**A Real Boy: How Autism Shattered Our Lives - and Made a Family from the Pieces**

Ref: 244

Christopher Stevens with Nicola Stevens

£4.03

This wonderfully honest book tells us a great deal, not only about autism, but also about the extraordinary tolerance and unselfishness that is borne out of unequivocal love. At the same time, it reveals some uncomfortable truths about the struggle it takes to access the rights of those with disabilities in our so-called civilized society.

**A Real Person: Life on the Outside**

Ref: 438

Gunilla Gerland

£12.99

From her earliest years Gunilla Gerland knew that she was 'different'. In this remarkable book she writes with poignant clarity of a childhood in which, surrounded by her family, she was nevertheless alone. Her behaviour, reactions, feelings, fears and perceptions, prompted by inner compulsions she could not control, provoked constant scolding, rejection and blank incomprehension. Unable to function like other people, she struggled in vain to fit in, to be recognised, despite her differences, as 'a real person'.

**A Self-Determined Future with Asperger Syndrome  
Solution Focused Approaches**

Ref: 320

E. Veronica Bliss and Genevieve Edmonds

£12.99

This book presents an empowering, practical approach to helping people with Asperger Syndrome (AS) to succeed at college, at work, at home and in life. The authors highlight how treating AS as a 'problem' is unproductive, and advocate a solution focused approach which recognizes and uses the strengths of people with AS to foster mutual respect and understanding.

**A Special Book About Me: A Book for Children Diagnosed with Asperger Syndrome (Asperger Syndrome After the Diagnosis)**

Ref: 227

Josie Santomauro and Carla Marino

£5.99

This book offers a fun and accessible introduction for a child diagnosed with Asperger Syndrome (AS). Intended as a support tool in the initial period after diagnosis, it is varied and engaging, and addresses questions or concerns that the child might have, such as 'What are the characteristics of ASD?', 'Why did it happen to me?', and 'What happens now?'. Also included are poems, stories, illustrations and activities to help them come to terms with and move forward from a diagnosis of AS. This will be essential reading for children in the initial period after a diagnosis of AS.

**Able Autistic children - children with Asperger Syndrome: a booklet for brothers and sisters**

Ref: 007

Julie Davis

£2.95

Designed for siblings of children with able autism or Asperger syndrome from the age of seven, this booklet focuses on Asperger syndrome and sibling experiences.

**Accessing the curriculum for pupils with autistic spectrum disorders**

Ref: 035

Gary Mesibov and Marie Howley

£17.00

Shows how the TEACCH methods of Structured Teaching can enable pupils on the autistic spectrum to learn. It offers many helpful strategies to schools and parents and . It also covers other issues such as break time and assembly.

**Adam's Alternative Sports Day - An Asperger Story**

Ref: 050

Jude Welton

£9.95

Nine year old Adam normally dreads sports day as he always comes last in everything. But this year head announces an alternative sports day, with quizzes, riddles and a chance for Adam to win something at last. A great story which looks at the day-to-day ups and the downs of pupils with Asperger syndrome with insight and humour.

**Addressing the Challenging Behaviour of Children with High-Functioning Autism/Asperger Syndrome in the Classroom - A Guide for Teachers and Parents**

Ref: 033

Rebecca A. Moyes

£15.95

Rebecca explores the causes of challenging behaviour and offers positive behaviour support plans. She shows teachers useful classroom supports and teaching strategies to help students learn the skills needed to move on from using challenging behaviour to deal with their difficulties.

**ADHD - Living without Brakes**

Ref: 228

Martin L. Kutscher MD

£12.99

This concise and highly accessible book contains everything that parents and busy professionals need to know about ADHD. The author describes the spectrum of ADHD, the co-occurring symptoms, and common difficulties that parents face. The rest of the book focuses on solutions, based around four rules.

**ADHD/Hyperactive children, a guide for parents**

Ref: 190

Hyperactive Children's Support Group

£5.00

Between the covers of this A4 Book the HACSG has assembled the collective experience of parents and professionals over a period of almost 30 years.

**Adolescents on the Autism Spectrum**

Ref: 375

Chantal Sicile-Kira

£10.99

Adolescence can be a difficult time for everyone, but for parents of teens on the autism spectrum it's particularly nerve-wracking. This book offers strategies for helping children, whatever their ability level, through the changes of the teenage years, and prepares them for adulthood. Using clear examples, practical advice, and supportive insights, it covers how to help teenagers understand puberty and hygiene; the specific health risks of adolescence such as seizures and depression; preparing for life after secondary school; and teenage emotions, sexuality, appropriate relationships and dating.

**Adults on the Autism Spectrum Leave the Nest - Achieving Supported Independence**

Ref: 229

Nancy Perry

£13.99

Children on the Autism Spectrum often grow up to find they are unable to cope effectively with the challenges of adult life. This book shows that, with the appropriate lifelong care from parents and carers, it is possible for those with neurodevelopmental disabilities to achieve supported independence and live fulfilling adult lives. This book provides practical and accessible guidance for parents, therapists, people with ASDs, and anyone with an interest in helping people on the Autism Spectrum lead their lives with a sense of dignity and independence.

**Advocacy for adults with autism spectrum disorders a guide**

Ref: 279

Jennie Parsons

£3.00

The pack was developed as a result of our work with advocates and advocacy organisations across England funded by the Department of Health. The advocacy sector is wide and diverse, with advocates experience of working with people with autism being just as varied. This book is designed as an introduction for advocates working with someone with autism for the first time, as well as a refresher for people who already work with this client group.

**All Birds Have Anxiety**

Ref: 437

Kathy Hoopmann

£9.99

All Birds Have Anxiety explores the symptoms of anxiety disorder and their impact on day-to-day life through colourful images of life as a bird. Its humorous yet gentle approach recognises the stress that anxiety can cause, helping people to better understand how it feels to have anxiety.

**All Cats Have Asperger Syndrome**

Ref: 167

Kathy Hoopmann

£9.99

This book takes a playful look at Asperger Syndrome, drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked, and particular eating habits. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with AS.

**All Dogs Have ADHD**

Ref: 230

Kathy Hoopmann

£9.99

This delightful book combines humour with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different'. This absorbing and enjoyable book takes a refreshing approach to understanding ADHD.

**Alone Together - Making an Asperger Marriage Work**

Ref: 231

Katrin Bentley

£12.99

Alone Together shares the struggle of one couple to rescue their marriage. It is uplifting and humorous, and includes plenty of tips to making an Asperger marriage succeed. This book offers couples hope, encouragement and strategies for their own marriages.

**Anne Droyd and Century Lodge**

Ref: 095

Will Hadcroft

£9.95

This Asperger adventure explores the human condition and the need to integrate into a society that demands conformity. The author's pun on 'android' introduces the theme of alienation that runs throughout, a tool used to provide comfort to individuals who feel like 'aliens', excluded in a social environment. Readers will be captivated by the heroic characters and the colourful plot, and engaged by Hadcroft's imaginative presentation of real-life issues such as smoking, bullying and peer acceptance.

**Appreciating Asperger Syndrome - Looking at the Upside - with 300 Positive Points**

Ref: 204

Brenda Boyd

£12.99

The message of this book is that for every negative there are many positives. Brenda discusses the characteristics of Asperger syndrome and shows that there are many positive aspects to them. She explains why people with Asperger syndrome approach life in the way they do and what an enormous contribution they make to the world. Brenda is the mother of Kenneth Hall, who wrote Asperger syndrome, the universe and everything at the age of 10. She herself has an autism diagnosis.

**Approaches to autism**

Ref: 306

The National Autistic Society

£7.00

This valuable NAS guide to the many and varied approaches to autism provides a good starting point for anyone who wishes to gain insight into the host of strategies available. The book's scope is wide: it contains references to a huge range of interventions and therapies, arranged alphabetically in directory style for easy reference. Each entry signposts the way to further information.

**Art of hiding vegetables: Sneaky ways to feed your children healthy food, The**

Ref: 067

Karen Bali and Sally Childs

£7.99

Many children with ASD are very fussy eaters. This book is a treasure trove of recipes, strategies and tricks to get even the fussiest on the road to healthier eating.

**Asparagus Dreams**

Jessica Peers

Ref: 096

£12.95

Expelled from mainstream education and vaguely aware she has something called 'Asparagus' Syndrome, 12-year-old Jessica is sent away to a residential school for young people with autism. Here, at first miserable and misunderstood, she spends the next five years trying to cope with the strict school system - fighting against misguided teacher interventions, dealing with the onset of adolescence and fitting in with the other pupils. Recalling her school years with humour and insight, Jessica takes the reader right inside what it feels like to have AS. Her account will open the eyes of readers to the difficulties, and the rewards, of this condition.

**Aspects of Asperger's: success in the teens and twenties**

Maude Brown and Alex Miller

Ref: 045

£13.99

This book is the work of Alex who has Asperger syndrome and her grandmother Maude. It offers practical advice on living life today with Asperger syndrome, including money, romance, friendship and daily living skills.

**Asperger Marriage, An**

Gisela and Christopher Slater-Walker

Ref: 024

£12.95

Chris and Gisela have been together for 12 years and four years ago Chris was diagnosed with Asperger syndrome. Their book is the first to examine a successful relationship from both perspectives. It is essential reading for similar couples and also the organisations that support such relationships.

**Asperger Meets Girl: Happy Endings for Asperger Boys**

Jonathan Griffiths

Ref: 205

£11.99

Men with Asperger syndrome often experience difficulty with social interaction and so find it hard to get a girlfriend. This book demystifies the enigma of 'relationships' by explaining everything in Asperger-friendly terms (some of them mathematical, naturally), with witty cartoons to provide visual supports.

**Asperger Syndrome - A Love Story**

Sarah Hendrickx and Keith Newton

Ref: 318

£12.99

Open, honest and upbeat, this book gives personal insight into both the ups and downs of an Asperger relationship. Seeking to challenge the bad press that people with Asperger Syndrome (AS) get as partners, Sarah and Keith tell their story of how they are making it work - and also how they got it wrong - with disarming frankness and humour. This personal account is supplemented with professional knowledge and anecdotes gained from Sarah's work with adults with AS - a career which started as a result of her experiences with Keith.

**Asperger syndrome - an overview**

Stephan Ehlers and Christopher Gillberg

Ref: 088

£6.00

A really helpful guide to the condition by two of the most eminent experts in the field.

**Asperger syndrome - practical strategies for the classroom: a teacher's guide**

Leicester City Council and Leicestershire County Council

Ref: 009

£10.99

This practical book is divided into six areas where difficulties may arise for a child with Asperger syndrome. The book describes the type of behaviours a pupil may present and directs the teacher to the relevant section for guidance. Aimed at teachers but parents will also find it a great support.

**Asperger Syndrome - What Teachers Need to Know**

Matt Winter

Ref: 292

£11.99

As awareness of Asperger Syndrome (AS) grows, it becomes increasingly important that all professionals have a familiarity with and understanding of the condition. However, for teachers, who have minimal spare time, it is difficult to access the details they need for working with AS children without wading through extensive books aimed at parents and professionals. Asperger Syndrome - What Teachers Need to Know bridges this gap and is the ideal starting point for teachers wishing to learn about Asperger Syndrome and how best to work with and get the most from a child with an ASD. Providing a summary of currently available information on AS and covering all the key issues that will concern teachers (e.g. social skills, homework, playground behaviour, assisting with study), Matt Winter, a teacher himself, imparts tips and practical ideas that he has found successful and invaluable for anyone working in a school environment.

**Asperger Syndrome (Autism Spectrum Disorder) and Long-Term Relationships: Second Edition**

Ashley Stanford

Ref: 417

£14.99

Happily married to her husband with Asperger Syndrome for 25 years, Ashley Stanford is an expert on how Autism Spectrum Disorder (ASD) can affect a relationship and her bestselling book has helped thousands of couples. Brought fully up to date, this second edition clarifies the new DSM-5 diagnostic criteria and explains how, without a solid awareness of the condition, ASD behaviors can easily be misinterpreted. Stanford's book provides a wealth of strategies for living with the more uncompromising aspects of ASD, pointing out that ASD also brings enormous strengths to a relationship. It shows how understanding the intentions, motivations and reasoning behind ASD behaviors can lead to better communication, relief of tension, and ultimately to a happier, more mutually fulfilling relationship.

**Asperger Syndrome and Adolescence - Practical Solutions for School Success**

Brenda Smith Myles and Diane Adreon

Ref: 097

£15.95

The middle school years, pose challenges for all young people. In this comprehensive and thorough book, the authors start with an overview of those characteristics of AS that make adolescence particularly challenging and difficult. Central to the book is a detailed discussion of strategies and supports necessary to ensure a successful school experience for students with AS at the middle and secondary levels. What sets this book apart is the way it ties all the recommended strategies together in a real-life case study of Michael, a youth with AS. This touch of real life continues in the closing chapter, which consists of statements by parents and adolescents with Asperger Syndrome about the transition years. This book is critical reading for everybody who lives or works with an adolescent with Asperger Syndrome.

**Asperger Syndrome and Alcohol: Drinking to Cope?**

Matthew Tinsley and Sarah Hendrickx

Ref: 206

£13.99

This book provides an overview of autism and alcohol abuse, explores current knowledge and offers a personal perspective. Matthew explores his own personal history as someone with Asperger syndrome who has experienced and beaten alcohol addiction.

**Asperger Syndrome and Anxiety - A Guide to Successful Stress Management**

Ref: 232

Nick Dubin

£13.99

Asperger Syndrome and Anxiety provides real solutions to a common problem and is essential reading for anyone with AS who has trouble managing stress. The book will also be of interest to family members, teachers and other professionals working with individuals with AS.

**Asperger Syndrome and Bullying: Strategies and Solutions**

Ref: 233

Nick Dubin

£12.99

Writing in an accessible, informal style, the author describes the bullying behavior he and other individuals have experienced, and the effect this has had on their lives. He outlines the reasons for bullying behavior and the danger of persistent recurrence if it remains unchecked, as well as the critical importance of "involving the bystander". Nick Dubin goes on to provide a range of effective strategies to address bullies and bullying that can be applied by parents, professionals, schools, and individuals being bullied. He stresses the importance of peer intervention, empathetic teachers, and verbal self-defense, and shows how lack of support, condemning of "tale telling," or even blaming the victim reinforces bullying.

**Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage and Meltdown**

Ref: 016

Brenda Smith Myles and Jack Southwick

£14.95

This gives a practitioner's overview of reasons why young people with Asperger syndrome can be 'wound up' by those around them. It describes techniques which can help to reduce environmental stress and so prevent 'meltdown' situations. This book is ideal for secondary teachers.

**Asperger Syndrome and Employment - Adults Speak Out about Asperger Syndrome**

Ref: 207

Edited by Genevieve Edmonds and Luke Beardon

£12.99

Employment is an important part of life but fewer than 20 per cent of people with Asperger syndrome are in work at any one time. This book is written by people with Asperger syndrome and draws on their personal experience.

**Asperger Syndrome and Employment: What People with Asperger Syndrome Really Really Want**

Ref: 234

Sarah Hendrickx

£13.99

Looking at expectations, motivations, working conditions and other factors, Sarah Hendrickx explores the reasons why work just doesn't work for many people with Asperger Syndrome and how to resolve these issues. Featuring personal stories from those with AS, the book highlights successful scenarios and provides suggestions for both employers and those in search of work on how to improve employment for the benefit of everyone.

**Asperger Syndrome and Sensory Issues - Practical Solutions for Making Sense of the World**

Ref: 049

Brenda Smith Myles, Katherine Tapscott Cook, Nancy E. Miller, Louann Rinner and Lisa A. Robbi

£13.95

Written in a reader-friendly style, this book covers the impact of the sensory system on behaviour and offers a helpful set of practical interventions that can be used by parents and schools to help promote success for young people with Asperger syndrome.

**Asperger Syndrome and Social Relationships - Adults Speak Out about Asperger Syndrome**

Ref: 208

Edited by Genevieve Edmonds and Luke Beardon

£12.99

Relationships and communication are often difficult for people with Asperger syndrome. In this book, adults with Asperger syndrome discuss social relationships, offer advice and support for others with the condition and provide insights into their perspectives for people working and interacting with them. They evaluate a range of social contexts and relationship aspects.

**Asperger Syndrome in the Family; Redefining Normal**

Ref: 098

Liane Holliday Willey

£12.95

The follow up to Pretending to be Normal. Liane Holliday Willey and one of her daughters both have Asperger Syndrome. In Asperger Syndrome in the Family she looks, with honesty, wisdom and humour, at the implications this has for her family.

**Asperger Syndrome Pocketbook**

Ref: 209

Ronnie Young

£7.99

This is a fantastic little guide, aimed at teachers and support staff and full of practical advice and useful tips. Ronnie deals with social interaction, special interests, repetition, change, verbal and non-verbal communication, unusual sensitivities and anger management. SENCOs, teachers and LSAs in primary and secondary schools will find it extremely useful.

**Asperger Syndrome, Adolescence, and Identity - Looking Beyond the Label**

Ref: 099

Harvey Molloy and Latika Vasil

£13.95

How do teenagers with Asperger Syndrome view themselves and their own lives?

This book is based on extensive interviews with adolescents diagnosed with AS. It includes six life stories, written in collaboration with the teenagers themselves. These present an authentic and fascinating look at the lives of the teenagers and how AS has shaped their growing identities. The stories provide the basis for a discussion of common themes and issues facing teenagers with AS. Asperger Syndrome, Adolescence and Identity also questions the medicalized deficit approach to Asperger Syndrome and discusses the social repercussions of labelling teenagers as having AS.

**Asperger Syndrome, the Universe and Everything**

Ref: 420

Asperger Syndrome, the Universe and Everything

£0.00

eneth Hall was diagnosed with Asperger Syndrome at the age of eight. He is in a unique position to describe some of the inner experiences and perceptions of autism in childhood. He has a warm and positive attitude to AS which other children will find inspiring. Insights, struggles and joys are recounted vividly in a frank and humorous way. His book is for anyone interested in understanding more about autism, including parents, siblings, teachers and professionals.



**Asperger syndrome: a practical guide for teachers**

Ref: 010

Val Cumine, Julia Leach and Gill Stevenson

£18.00

This is a clear and concise guide to effective classroom practice for teachers and support assistants working with children with Asperger syndrome in mainstream schools and other non-specialist settings. The book seeks to inform and equip professionals meeting a child with Asperger syndrome for the first time with effective educational and behavioural strategies.

**Asperger syndrome: an overview**

Ref: 270

Christopher Gillberg and Stephan Ehlers

£6.00

A helpful introduction to the condition by two of the most eminent experts in the field, aimed at parents of young people with Asperger syndrome, as well as professionals who want a concise description.

**Asperger's and Girls**

Ref: 255

Tony Attwood

£9.44

This book describes the unique challenges of women and girls with Asperger's Syndrome. In it you'll read candid stories written by the indomitable women who have lived them. You'll also hear from experts who discuss whether 'Aspie girls' are slipping under the radar, undiagnosed; why many AS women feel like a minority within a minority (outnumbered by men 4:1); practical solutions school systems can implement for girls; social tips for teenage girls, navigating puberty, the transition to work or university, and the importance of careers.

**Asperger's On the Job: Must-Have Advice for People with Asperger's or High Functioning Autism and their Employers, Educators and Advocates**

Ref: 410

Rudy Simone

£15.50

Up to 85% of the Asperger's population are without full-time employment, though many have above-average intelligence. Rudy Simone, an adult with Asperger's Syndrome and an accomplished author, consultant, and musician, created this insightful resource to help employers, educators, and therapists accommodate this growing population, and to help people with Asperger's find and keep gainful employment.

**Asperger's Rules!: How To Make Sense of School and Friends**

Ref: 431

Blythe Grossberg

£8.50

Fitting in to school and social life can be the single most challenging task when you have Asperger's syndrome. Packed full of information, this book covers common school situations and the uncommon challenges that they can present to a child with Asperger's. Kids will find the how-to for understanding and communicating with peers and teachers, standing up for and taking care of themselves, setting realistic goals, and making friends.

**Asperger's Syndrome and High Achievement - Some Very Remarkable People**

Ref: 070

Ioan James

£13.99

Twenty famous people who may have had Asperger syndrome, including Michelangelo, Jonathon Swift, Patricia Highsmith, Isaac Newton. Their inspiring stories show how some very clever people coped with life with the condition.

**Asperger's Syndrome and Sexuality. From Adolescence through Adulthood**

Ref: 281

Isabelle Hénault

£14.99

In this comprehensive and unique guide, Isabelle Hénault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counsellors and individuals with AS themselves.

**Asperger's Syndrome For Dummies**

Ref: 309

Georgina Gomez de la Cuesta and James Mason

£11.48

Asperger's Syndrome For Dummies covers everything that both those with AS and parents need to know about the condition. From explaining symptoms and getting a diagnosis, through to overcoming bullying in schools and choosing between the therapy and medical treatments available, this is a complete guide to surviving and thriving with the condition.

**Asperger's Syndrome for the Neurotypical Partner: by the girl with the curly hair**

Ref: 419

Alis Rowe

£14.92

The Girl with the Curly Hair has Asperger's Syndrome (high functioning autism). In this guide she explores her relationship with her neurotypical (non-autistic) male partner. Remember, everyone is different, but she hopes it is a starting point for some helpful conversations between you and your partner to understand how the relationship is for you both. Topics include how ASD affects her in day to day life, the positives of ASD, strategies on how the neurotypical partner can help with ASD challenges, what it feels like when you are apart, why she loves you, and how you can best enjoy your time together. Suitable for ASD/NT couples in long-term relationships. The Girl with the Curly Hair hopes you can discuss aspects of the guide together and highlight any bits that resonate with your own relationship.

**Asperger's Syndrome in 13-16 Year Olds: by the girl with the curly hair**

Ref: 390

Alis Rowe

£13.62

This is an invaluable book for ASD teenagers, and for parents of ASD teenagers. There are examples of life situations which highlight how the ASD teen may feel during typical daily events. This book will encourage as ASD teen as they will gain an understanding that they are not on their own, that their ways of thinking and perceiving situations are not so unusual after all. Parents can learn from this book how to better encourage their ASD teenager and help to provide better coping strategies for their child.

**Asperger's Syndrome in 8-11 Year Olds: by the girl with the curly hair**

Ref: 382

Alis Rowe

£15.47

A valuable and comprehensive guide for parents and teachers of children on the spectrum aged 8-11 (or younger or older, dependent on the child's emotional development level). As children of this age are growing into their personalities, difficulties faced by the child can become increasingly apparent. This guide gives examples of these difficulties in the form of problem behaviour the child may present with, along with suggested solutions to assist the child in gaining confidence and valuable life skills, such as compromise and anger control.

**Asperger's Syndrome Meltdowns and Shutdowns: by the girl with the curly hair**

Ref: 383

Alis Rowe

£15.17

Meltdowns and shutdowns can be very confusing and painful for the loved one and devastatingly frightening and painful for the person with ASD. In this book, The Girl with the Curly Hair uses pictures and diagrams to explain what is meant by autistic 'meltdowns' and 'shutdowns.' It contains strategies on how to deal with the two responses to stress that are common for people on the autism spectrum. Quick and easy to read, this guide is enlightening for anyone who may feel puzzled by the behaviours of their loved ones, and reassuring for those who show the behaviours themselves.

**Asperger's Syndrome Workplace Survival Guide, A Neurotypical's Secrets for Success**

Ref: 340

Barbara Bissonnette

£14.99

This is the definitive guide to surviving and thriving in the workplace for people with Asperger's Syndrome (AS). Covering everything from meeting employer expectations, to how to get on with your colleagues, manage projects, and resolve problems. Common employment challenges are illustrated by real life examples from the author's coaching clients.

**Asperger's Syndrome: A Guide for Parents and Professionals**

Ref: 100

Tony Attwood

£12.95

This accessible and readable book aims to assist parents and professionals in the identification and treatment of children and adults with Asperger syndrome. It is based on an extensive review of the literature and his experience as a specialist in this area over the past 25 years.

**Asperger's Syndrome: by the girl with the curly hair: Volume 1**

Ref: 388

Alis Rowe

£15.24

This is the debut of the Visual Guide series from The Girl with the Curly Hair. In book one, she describes Asperger's Syndrome (high functioning autism) and how it affects her in day to day life. A clear enjoyable, illustrated read, this is the perfect place to start for anyone wanting to know more about Autism Spectrum Disorders (ASD). This guide is suitable for individuals on the autistic spectrum as well as their neurotypical ('normal') families and friends. This is a highly unique read, focussing on the 'nitty gritty' of what ASD really means and how this complex, misunderstood, condition may present in daily living.

**Asperger's-If You Only Knew: "A Family's Struggle with Asperger's Syndrome"**

Ref: 254

Sophia Summers

£5.89

This book is a triumphant true tale about coming to terms with one's essential self, trusting in others, welcoming laughter, and realizing one's true potential. It serves as an invaluable source of comfort, hope, and guidance to anyone touched by AS.

**Aspergirls – Empowering Females with Asperger Syndrome**

Ref: 289

Rudy Simone

£12.99

This book will be essential reading for females of any age diagnosed with AS, and those who think they might be on the spectrum. It will also be of interest to partners and loved ones of Aspergirls, and anybody interested either professionally or academically in Asperger's Syndrome

**Aspies on Mental Health – Speaking for Ourselves**

Ref: 299

Luke Beardon and Dean Worton

£14.99

People with Asperger Syndrome (AS) can be particularly at risk of developing mental health difficulties such as anxiety and depression. Here, adults with Asperger Syndrome speak out about their own experiences of mental health issues, offering sound advice for other Aspies and providing valuable insights for family, friends and also for mental health professionals. This is essential reading for adults with Asperger Syndrome, and their families and friends, and will be a useful resource for psychologists, psychiatrists, mental health service providers and other professionals who support adults with Asperger Syndrome.

**Autism All-Stars, How We Use Our Autism and Asperger Traits to Shine in Life**

Ref: 341

Edited by Josie Santomauro

£12.99

Contributors from across the world share their experiences of creating a successful life on the autism spectrum. The positive and inspiring voices in this book explain how it is possible to draw on autistic strengths not just to make your way in the world, overcoming challenges and obstacles, but also to make your life a real success.

**Autism and Asperger Syndrome (The Facts)**

Ref: 250

Simon Baron-Cohen

£5.97

In this new book Simon Baron-Cohen summarizes the current understanding of autism and Asperger Syndrome. He explains the process of diagnosis, as well as the options for education and intervention for those with these conditions. This book is designed firstly for people with these conditions and their families. It will be useful to clinicians, teachers, and other professionals involved in the care and support of people on the autistic spectrum.

**Autism and the Edges of the Known World, Sensitivities, Language and Constructed Reality**

Ref: 342

Olga Bogdashina

£13.99

Olga Bogdashina explores theories of sensory perception and communication in autism. Drawing on linguistics, philosophy, neuroscience, psychology, anthropology and quantum mechanics, she looks at how the nature of the senses inform an individual's view of the world, and how language both reflects and constructs that view.

**Autism Equality in the Workplace: Removing Barriers and Challenging Discrimination**

Ref: 408

Janine Booth

£12.99

People with autism often find themselves excluded from working life. This practical handbook lays out reasonable, achievable ways in which working environments can be adapted and autistic people included as valuable members of the workforce.

**Autism Life Skills**

Ref: 286

Chantal Sicile-Kira

£10.99

Autism Life Skills presents a positive and empowering "bill of rights" for every person with autism, regardless of impairment level. With advice and reflections from autistic adults across the spectrum, as well as Sicile-Kira's own experience as an advocate and parent of an autistic teen, the book covers ten essential life skills.

**Autism with Severe Learning Difficulties (Human Horizons)**

Rita Jordan

Ref: 249

£7.44

Dr Jordan shares her understanding of autism and the most effective strategies for dealing with concomitant problems. The book will be invaluable to parents, key workers and all who advise them in living and working with this fascinating group of individuals.

**Autism, Access and Inclusion on the Front Line - Confessions of an Autism Anorak**

Matthew Hesmondhalgh

Ref: 101

£13.99

Matthew Hesmondhalgh outlines the inherent problems with improving services for people on the autism spectrum, from specialised schooling to supported living schemes and examines the social issues and attitudes that people with ASDs confront in so many aspects of life. The author draws on his own experience of working at The Integrated Resource, which offers educational opportunities for secondary school aged pupils with ASDs and provides a charity funded supported employment programme for young adults with ASDs. He includes a host of case examples of young people and their parents who have fought battles for inclusion, explaining the obstacles they faced, their failures and their inspiring successes.

**Autism, Asperger Syndrome and Pervasive Developmental Disorder – An Altered Perspective**

Barbara Quinn and Anthony Malone

Ref: 294

£13.99

Autism Spectrum Disorder, or ASD, is the umbrella term used to describe a whole family of related conditions. Within this group, there is a subgroup of conditions known as PDD (NOS) - Pervasive Developmental Disorder (not otherwise specified) - which do not quite meet the diagnostic criteria of Autism or Asperger Syndrome. Associated disorders such as Rett Syndrome, Childhood Disintegrative Disorder and OCD are reviewed, and the authors describe the various treatments, therapies, and educational approaches available. The book also includes new information on medication and on the evolving concept of diagnosis, as well as a list of frequently asked questions and new interviews with parents of children on the autism spectrum.

**Autism, Discrimination and the Law: A Quick Guide for Parents, Educators and Employers**

James Graham

Ref: 210

£14.99

James outlines how the legal requirements of the Disability Discrimination Act 1995 might be met for students and employees with autism spectrum disorders (ASDs). He includes an overview of current knowledge of autism and explains the changes in legislation on disability discrimination. The main part of the book is devoted to case studies from further education and employment, showing how reasonable adjustments can be made successfully.

**Autism, Play and Social Interaction**

Lone Gammeltoft and Marianne Sollok Nordenhof

Ref: 211

£11.99

A clear guide to helping young children build their communication and social skills through play. The colour photographs clarify the strategies.

**Autism, The problem is understanding**

The National Autistic Society

Ref: 078

£4.00

Poems, pictures, stories and photographs by people with autism or Asperger syndrome, parents and carers, families and friends and professionals working with people with autistic spectrum disorders.

**Autism: Breaking Through to Discover the Extraordinary**

Bronwyn Bancroft

Ref: 430

£7.99

Discovering that a child has autism shouldn't be cause for concern. A child on the autism spectrum is still capable of achieving many wonderful things. But it's crucial that parents or carers don't feel overwhelmed or intimidated by the task of raising such a child. They just need the right advice from others who have themselves raised children on the autism spectrum. They need the stigma surrounding autism to be broken down so they can get the proper support required. Autism is such a book. Author Bronwyn Davis has lived with Asperger's, and has also raised a daughter who was diagnosed five years ago. In this title, Bronwyn offers her experiences, as well as providing the reader with the comfort of knowing they are not alone in this situation.

**Autism: how to help your young child**

Leicestershire County Council and Fosse Health Trust

Ref: 327

£10.99

Aimed particularly at parents but helpful also to early years practitioners, this practical book offers practical and jargon-free advice. It is divided into three areas where difficulties may arise for a child with autism: social interaction, communication (verbal and non-verbal) and imagination. It also includes an index of pen-pictures to help parents more easily find their child among the examples and directs them to the relevant section. Each section is divided into what to look out for followed by things to try to help the child's behaviour.

**Autism: understanding and managing anger**

Andrew Powell

Ref: 361

£13.99

This book - which is aimed at parents and carers of children with Asperger syndrome and high-functioning autism - talks about why children with autism become angry and some practical ways in which you can help, including preventing and managing anger; coping with meltdowns; and helping your child to manage their feelings.

**Autism: understanding behaviour**

Caroline Hattersley

Ref: 362

£6.99

If your child has autism, you may at times find their behaviour puzzling or challenging. In this new book, we look at the cause and function of behaviour: what might your child be trying to communicate or achieve by acting in a particular way? We also discuss a number of practical strategies that you can use in day-to-day situations – or at times of heightened stress and anxiety – to help your child manage their behaviour.

**Autism's False Prophets: Bad Science, Risky Medicine, and the Search for a Cure**

PA Offit

Ref: 248

£12.45

An overwhelming body of scientific evidence clearly shows that childhood vaccines are safe and does not cause autism. Yet widespread fear of vaccines on the part of parents persists. In this book, Paul A. Offit, a national expert on vaccines, challenges the modern-day false prophets who have so egregiously misled the public and exposes the opportunism of the lawyers, journalists, celebrities, and politicians who support them. Offit recounts the history of autism research and the exploitation of this tragic condition by advocates and zealots.



**Autistic Planet**

Jennifer Elder

Ref: 235

£11.99

Autistic Planet is a magical world where all trains run exactly to time, where people working in offices have rocking chairs, and where all kids dream of winning the chess World Cup. Join us on a journey to this alternative reality, where being different is ordinary, and being "typical" is unheard of! Full of color illustrations and written in child-friendly rhyme, this book will be much loved by children, particularly those on the autism spectrum, their parents, teachers, carers and siblings.

**Baj and the Word Launcher - Space Age Asperger Adventures in Communication**

Pamela Victor

Ref: 102

£9.99

This entertaining adventure story will capture children's imagination while exploring the complexities of the social world. Children can read about Baj's experiences independently or with a parent or helper, and the reader can learn about body language and the unspoken rules of communication. Parents and teachers can also use this book to teach social skills to children in storytelling groups. "Stop and Think" questions that pepper the book prompt the reader to think about how they feel and react to events in the story, offering opportunities for individualized learning.

**Been There. Done That. Try This! An Aspie's Guide to Life on Earth**

Edited by Tony Attwood, Craig R. Evans and Anita Lesko

Ref: 344

£14.99

Been There. Done That. Try This! gathers a team of top Aspie mentors to pass along insights for successful living to the next generation. Temple Grandin, Liane Holliday Willey, and many others, offer advice on coping with key stressors including anxiety, self-esteem, careers, and friendship. Each chapter ends with commentary from Dr. Tony Attwood.

**Behavioural concerns and autistic spectrum disorders: explanations and strategies for change**

John Clements and Ewa Zarkowska

Ref: 015

£15.95

This book is both honest and knowledgeable. It provides a fund of useful strategies to support someone whose behaviour is 'of concern' to people around them. It is a resource which will be of interest to all who work alongside people with autistic spectrum disorders, particularly those who work in residential and day services.

**Blue Bottle Mystery: An Asperger Adventure**

Kathy Hoopmann

Ref: 013

£7.95

Aimed at 8-13 year olds, this warm, fun-filled fantasy story has a hero with Asperger syndrome. Tied up with the exciting mystery is the story of how Ben is diagnosed with Asperger syndrome and how he and his family deal with the problems and joys that come with this. This book is a delight to read and also a valuable teaching tool that demystifies Asperger syndrome. This is the original Asperger novel.

**Body language and communication: a guide for people with autism spectrum disorders**

Simon Perks

Ref: 198

£6.00

This book discusses some simple body language techniques and a number of scenarios where we can put these into practice, such as meeting people for the first time, starting a conversation or engaging in small talk and work banter. Simon himself had difficulties understanding body language when he was young and spent a lot of time studying it. He feels that body language can be learnt in the same way as foreign languages.

**Born on a Blue Day: A Memoir of Aspergers and an Extraordinary Mind**

Daniel Tammet

Ref: 164

£8.49

Daniel sees numbers as shapes, colours and textures and can perform extraordinary maths in his head. He can also learn to speak a language fluently from scratch in a week. He has Savant Syndrome, an extremely rare form of Asperger's that gives him almost unimaginable mental powers, much like the Rain Man portrayed by Dustin Hoffman. Daniel has a compulsive need for order and routine - he eats exactly 45 grams of porridge for breakfast and cannot leave the house without counting the number of items of clothing he's wearing. If he gets stressed or unhappy he closes his eyes and counts. But in some ways Daniel is not at all like the Rain Man. He is virtually unique amongst people who have severe autistic disorders in being capable of living a fully independent life. It is his incredible self-awareness and ability to communicate what it feels like to live in a unique way that makes his story so powerful. Touching as well as fascinating, Born On A Blue Day explores what it's like to be special and in so doing gives us an insight into what makes us all human - our minds.

**Brotherly Feelings - Me, My Emotions, and My Brother with Asperger's Syndrome**

Sam Frender and Robin Schiffmiller

Ref: 236

£9.99

Brotherly Feelings explores the emotions that siblings of children with Asperger's Syndrome (AS) commonly experience. With illustrations throughout, this book will help siblings to understand that their emotional responses - whatever they are - are natural and OK. It is the ideal book for parents and professionals to use with siblings to discuss their emotional experiences, and will also help children with AS to form an understanding of the feelings of other family members.

**Build Your Own Life: A Self-Help Guide For Individuals With Asperger Syndrome**

Wendy Lawson

Ref: 393

£14.99

Lawson guides others on the autism spectrum through the confusing map of life, tackling the building bricks of social existence one by one with humour, insight and practical suggestions. Exploring what it is like to be an adult in an alien world, she talks about how we relate to the people in our lives.

**Bullying and how to deal with it: a guide for pupils with autistic spectrum disorders**

Patricia Thorpe

Ref: 089

£1.00

Children with autism and Asperger syndrome often find it hard to deal with bullying. This booklet offers a mass of helpful advice and strategies to deal with this difficult problem.

## **Business for Aspies – 42 Best Practices for Using Asperger Syndrome Traits at Work Successfully**

Ref: 290

Ashley Stanford

£13.99

Most workplaces are a frenzied swirl of social interaction - between employees and bosses, customers and clients, and anyone else present. People with a mental framework better suited to non-social tasks can often be overlooked and underutilised in such an environment, but this book explains exactly how those with Asperger Syndrome can get their talents recognised and become successful and indispensable employees. Business for Aspies will help people with AS take steps towards achieving happy, fulfilled and above all successful working lives. It will be of key interest to the employers, managers, partners, and families of people with AS.

## **Buster and the Amazing Daisy**

Ref: 103

Nancy Ogaz

£8.95

Buster and the Amazing Daisy is not just a humorous and engaging story. It will also give its readers an insight into the hopes and dreams, as well as the fears and frustrations, of many children with autism.

## **Can I tell you about Asperger Syndrome? - A guide for friends and family**

Ref: 040

Jude Welton

£6.95

Adam is a nine year old boy with Asperger syndrome. Here he explains his talents and difficulties as if talking to school friends and family. Jane Telford's cheerful pictures bring Adam's words to life.

## **Can I tell you about Gender Diversity? A guide for friends, family and professionals**

Ref: 432

CJ Atkinson

£8.99

Kit, a 12 year old who identifies as a boy, explains all about gender variance, the experience of medical transition and how his family, friends and school can support him. This illustrated introduction to gender diversity will be a helpful guide and discussion starter for children 11+, as well as for older readers.

## **Can I tell you about Pathological Demand Avoidance syndrome?**

Ref: 392

Ruth Fidler and Phil Christie

£8.99

Meet Issy an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.

## **Can I Tell You About Selective Mutism?: A Guide for Friends, Family and Professionals**

Ref: 391

Maggie Johnson and Alison Wintgens

£8.99

Meet Hannah - a young girl with selective mutism (SM). Hannah invites readers to learn about selective mutism from her perspective, helping them to understand what it is, what it feels like to have SM, and how they can help. This illustrated book is packed with accessible information and will be an ideal introduction to selective mutism. It shows family, friends and teachers how they can support a child with the condition and is also good place to start when encouraging children with SM to talk about how it affects them.

## **Can the World Afford Autistic Spectrum Disorder?**

Ref: 322

### **Nonverbal Communication, Asperger Syndrome and the Interbrain**

Digby Tantam

£18.99

Digby Tantam explores current theories on nonverbal communication and how it shapes social behaviour, and the evidence for it being impaired in people with autism spectrum disorder (ASD). He shows how knowledge of this difference can be used to overcome some of the impairments in nonverbal communication in people with ASD, but also how acknowledging them can result in more positive development elsewhere.

## **Can't Eat, Won't Eat: dietary difficulties and autistic spectrum disorders**

Ref: 076

Brenda Legge

£12.95

Finding out that your child has autism is difficult enough but discovering that he or she won't eat 99 per cent of all known food and drink can make life seem impossible. Brenda found herself in this quandary with her son who has Asperger syndrome. Here she offers some of her own strategies, as well as the tried and tested advice of many other parents, professionals and children.

## **Caring for a Child with Autism - A Practical Guide for Parents**

Ref: 019

Martine Ives and Nell Munro, National Autistic Society

£14.95

The authors have both worked for the NAS Autism Helpline and understand the challenges that can arise in home life, education and socialisation. They offer help with common problems such as finding a suitable school, toileting and eating problems.

## **Caring for adults with autism: guidance for support workers**

Ref: 277

Patricia Thorpe

£5.00

This accessible introductory guide is aimed at staff caring for adults with autism, some of whom may have very challenging needs and who require intensive support. Its emphasis on the practical will be invaluable, both for people starting out in the field and their service managers.

## **Children and Teenagers with Aspergers: The Journey of Parenting from Birth to Teens**

Ref: 256

Anna Van Der Post

£14.99

This book is an absolute 'must have' for any parent who is currently struggling to cope with the daily demands of looking after a child with AS - whilst at the same time feeling let down by the education system and the so called professionals that hold so much power over our children's future. It is a powerfully moving account of the struggles faced by determined and loving families to obtain the help and education that their children so rightly deserve.

**Children and youth with Asperger syndrome**

Ref: 058

Brenda Smith Myles

£15.99

A helpful book which offers a range of strategies to help young people with Asperger syndrome deal with behavioural difficulties, with 50 research-based strategies. Especially useful to schools.

**Children with autism: a booklet for brothers and sisters**

Ref: 006

Julie Davis

£2.95

In the same series as 'able autistic children', this booklet looks at siblings of children with autism, explains what autism is and explores some of the difficulties that siblings may experience

**Choosing a School for a Child With Special Needs**

Ref: 296

Ruth Birnbaum

£14.99

If you are considering placing a child with special needs at a new school, it can be difficult to know where to begin. Should you choose a special school, or a special unit within a mainstream school? What will be the involvement of therapists? Maybe home schooling would be best? Whether the child has autism, dyslexia or any other special educational, emotional or behavioural difficulty, this book will help you find the school that suits the child best. Whether you are a parent seeking a special school, a professional researching a school, or a teacher recommending what to look for in a school, this book is a must-have reference for anyone taking school placement seriously.

**Classroom and playground: support for children with autistic spectrum disorders**

Ref: 152

Perepa Prithvi

£1.50

This booklet is aimed at teachers and other school staff with little experience of working with younger children who have ASD. The strategies are covered in detail and in point form for ease of reference. The author works in South London with children with ASD, their families and schools.

**Comic Strip Conversations**

Ref: 169

Carol Gray

£5.22

Illustrated interactions that teach conversation skills to students with autism and related disorders.

**Coming Out Asperger - Diagnosis, Disclosure and Self-Confidence**

Ref: 069

Edited by Dinah Murray

£13.99

Should you tell people? Whom should you tell? How will people react? Parents, professionals and people with Asperger syndrome disclose their experiences.

**Complete guide to Asperger's syndrome, The**

Ref: 159

Tony Attwood

£17.99

This is the definitive handbook for anyone affected by Asperger's syndrome. It brings together a wealth of information on all aspects of the syndrome for children through to adults. Drawing on case studies and personal accounts from Attwood's extensive clinical experience, and from his correspondence with individuals with AS, this book is both authoritative and extremely accessible.

**Concepts of Normality: The Autistic and Typical Spectrum**

Ref: 237

Wendy Lawson

£14.99

For those with autism, understanding 'normal' can be a difficult task. For those without autism, the perception of 'normal' can lead to unrealistic expectations of self and others. This book explores how individuals and society understand 'normal', in order to help demystify and make accessible a full range of human experience.

**Congratulations! It's Asperger Syndrome**

Ref: 104

Jen Birch

£15.99

One of the increasing number of people diagnosed with Asperger Syndrome in adulthood, New Zealand-born Jen Birch relates her story with humour and honesty, taking us through the years of frustration and confusion that led to her diagnosis in 1998. Now that she can put her life experiences into context, she candidly describes her continual search for 'normality', including her experiences at work, her difficulties with relationships, her time spent in psychiatric hospital and her struggle for correct diagnosis in a country where the syndrome is relatively unknown. Talking positively about how her life has changed since the 'revelation', Jen aims to use this new-found knowledge to inform others about the syndrome and how, once its pros and cons are understood, life can be lived to the full.

**Counselling People on the Autism Spectrum: A Practical Manual**

Ref: 312

Katherine Paxton and Irene A. Esta

£15.19

The characteristics of autism spectrum disorders (ASD) present unique challenges, not only to people themselves affected, but also to counselling professionals. This manual provides counselling techniques that work not only for professionals, but also for individuals either coping with being on the spectrum themselves, or living with someone who has an ASD. Regardless of intellectual and linguistic ability, people on the autism spectrum often have significant impairments in emotional expression, regulation, and recognition, and they are known to have higher rates of depression and anxiety than the general population. This comprehensive book shows how to develop the tools necessary to help people on the spectrum cope with their emotions, anxieties, and confusion about the often overwhelming world that surrounds them.

**Create a Reward Plan for Your Child with Asperger Syndrome**

Ref: 212

John Smith, Jane Donlan and Bob Smith

£12.99

Reward plans encourage positive behaviour using the incentive of earning rewards. This book provides a thorough nuts-and-bolts guide to creating a reward plan for your child with Asperger syndrome to help him or her develop positive behaviours, such as social and communication skills.

**Creative Expressive Activities and Asperger's Syndrome - Social and Emotional Skills and Positive Life Goals for Adolescents and Young Adults**

Ref: 105

Judith Martinovich

£13.99

A host of helpful activities centred on the creative arts.

**Curious Incident of the Dog in the Night Time, The**

Ref: 046

Mark Haddon

£6.99

A really good read for readers old and young. The hero, Christopher Boone, is a teenager with Asperger syndrome. Contains some strong language. Fifteen-year-old Christopher has a photographic memory. He understands maths. He understands science. What he can't understand are other human beings. When he finds his neighbour's dog, Wellington, lying dead on a neighbour's lawn, he decides to track down the killer and write a murder mystery novel about it. In doing so, however, he uncovers other mysteries that threaten to bring his whole world crashing down around him.

**Dangerous Encounters - Avoiding Perilous Situations with Autism - A Streetwise Guide for all Emergency Responders, Retailers and Parents**

Ref: 106

Bill Davis and Wendy Goldband Schunick

£13.95

Both professionals and parents can work to prevent escalating situations. If given proper education, serious situations can be avoided when a person with autism is involved. This book contains practical appendices, such as emergency ID card instructions and how to make a travel communication safety book, as well as safety social stories that teach a person with autism how to act safely in emergency situations. It outlines a number of steps everyone can take and guidelines that can be followed. It is also a good training tool for emergency responders.

**Dealing with Feeling: An Emotional Literacy Curriculum**

Ref: 323

Tina Rae

£24.00

This book has a clear structure: 20 lessons, each dealing with a separate emotion. Each lesson begins with a story followed by a discussion and activities. The "traffic light" concept-stop (and calm down); wait (identify the feeling); go (list some solutions)-is used as a basis for a problem-solving approach to difficult situations. Contains photocopyable pages.

**Developing talents: careers for individuals with Asperger syndrome and high-functioning autism**

Ref: 068

Temple Grandin and Kate Duffy

£11.99

Useful strategies and ideas with many helpful case studies by Temple, the world's best known and perhaps the most successful person with autism.

**Developmental Dyspraxia: Identification and Intervention: A Manual for Parents and Professionals**

Ref: 325

Madeleine Portwood

£19.50

**Diagnosis Asparagus: Advocating for Assessment and Diagnosis of Autism Spectrum Conditions**

Ref: 398

Cathie O'Halloran and Eva Penrose

£12.99

This life-affirming book shows diagnosis to be a positive and empowering experience. Written by a mother and her teenage daughter, it is an honest account of the process of procuring an autism spectrum diagnosis including assessment, reactions to the news and its impact on their lives, and includes helpful management strategies.

**Diet Intervention and Autism - Implementing the Gluten Free and Casein Free Diet for Autistic Children and Adults - A Practical Guide for Parents**

Ref: 014

Marilyn Le Breton

£13.95

People with autism are often intolerant of gluten, a protein in four types of cereal, and casein, a protein found in animals' milk. Marilyn answers the many questions of parents of children on special diets and offers a host of recipes, as well as an extensive list of suitable foodstuffs in the UK.

**Different Croaks for Different Folks - All About Children with Special Learning Needs**

Ref: 107

Midori Ochiai

£12.99

A delightful book which helps children deal with hard-to-break habits and physical co-ordination. Midori has Asperger syndrome (AS) and is the mother of two boys, one of whom also has AS and the other has ADHD.

**Different Like Me - My Book of Autism Heroes**

Ref: 108

Jennifer Elder

£11.99

This inspiring book introduces children aged 8-12 to gifted people who had difficulties fitting in: Isaac Newton, Lewis Newton, Andy Warhol, Lewis Carroll, to name but a few.

**Do You Understand Me?: My Life, My Thoughts, My Autism Spectrum Disorder**

Ref: 213

Sofie Koborg Brosen

£9.99

What it's like to be 11, go to mainstream school - and have autism. An insider's guide to understanding autism. Sofie is now 12 and lives in Denmark. Her father drew the illustrations.

**Eating an Artichoke: A Mother's Perspective on Asperger Syndrome**

Ref: 109

Echo R. Fling

£13.95

This is the book that Echo Fling needed when she first set out to have Jimmy diagnosed, and it will enable parents and teachers to understand and help other children with Asperger Syndrome.

**Employing people with Asperger syndrome: a practical guide**

Ref: 274

Martha Fausset

£8.00

A helpful and practical book that covers recruitment, selection, getting started, successful management, support and further information. Aimed at employers, this book will also be helpful to people with Asperger syndrome, their families and those who work with them.

**Employment for Individuals with Asperger's Syndrome or Non-verbal Learning Disability: Stories and Strategies**

Ref: 314

Yvonne Fast

£17.09

Most people with Non-Verbal Learning Disorder (NLD) or Asperger Syndrome (AS) are underemployed. This book sets out to change this. With practical and technical advice on everything from job hunting to interview techniques, from 'fitting in' in the workplace to whether or not to disclose a diagnosis, this book guides people with NLD or AS successfully through the employment mine field. There is also information for employers, agencies and careers counsellors on AS and NLD as 'invisible' disabilities, including an analysis of the typical strengths of somebody with NLD or AS, and how to use these positively in the workplace.

**Everybody is different: a book for young people who have brothers and sisters with autism**

Ref: 017

Fiona Bleach

£8.00

This book is different! Aimed at school friends or brothers and sisters aged 8-13 of children with autism, it is written and illustrated by an accomplished artist who has worked in a National Autistic Society school. Fiona explores the characteristics of autism, what it feels like to be a brother or sister of someone with an autistic spectrum disorder and offers helpful coping strategies.

**Explaining Autism Spectrum Disorder**

Ref: 302

Explaining Autism Spectrum Disorder

£0.00

What is an Autism Spectrum Disorder? With Autism and Asperger syndrome now reckoned to affect one in 100 of the population, this is a question that more and more people are asking. Clare Lawrence provides a clear and concise introduction to this fascinating and perplexing subject. Written in accessible, non-specialist language, the book provides an ideal basis for parents, carers, teachers and employers to understand what the Autistic Spectrum is.

**Exploring Depression, and Beating the Blues**

Ref: 421

Tony Attwood and Michelle Garnett

£13.99

Understand depression and how to cope with this self-help guide designed specifically for individuals on the autism spectrum. It includes a 10-stage CBT self-help programme with self-assessment tools and activities.

**Families of Adults with Autism – Stories and Advice for the Next Generation**

Ref: 319

Jane Johnson and Anne Van Rensselaer

£13.99

Families of Adults with Autism is a collection of real-life stories of people on the autism spectrum growing up, as told by their parents and siblings. The individual accounts explore the challenges that families of people with autism have faced, and the techniques they have used to improve the quality of their children's lives, from mega-doses of vitamins and dietary changes to intensive interaction. The contributors also relate how they have worked with their children or siblings to help them to function at their highest possible level, be it showing an awareness of their environment, holding down a full-time job in a local store, competing in the Special Olympics, or achieving international recognition as an artist.

**Feeling's Unmutual - Growing Up With Asperger Syndrome (Undiagnosed), The**

Ref: 111

Will Hadcroft

£13.95

What makes the Asperger child immerse himself in such things as Doctor Who and The Incredible Hulk? In this honest and entertaining autobiographical account, Will Hadcroft links his obsessive TV series fixations to eventually being diagnosed with Asperger Syndrome. He describes drawing comfort from identifying himself with heroic individuals or fictional characters, and the liberating effect of an accurate diagnosis for someone who felt 'out of place' and didn't know why.

This original and highly readable book offers a fresh insight into the experience of feeling 'unmutual', or misunderstood and how this can result in bullying at school and in the workplace, escalating into social phobia, paranoia and obsessive behaviour. It amply illustrates some of the more subtle expressions of the Asperger condition and provides an accessible introduction to those new to AS.

**Finding Your Own Way to Grieve – A Creative Activity Workbook for Kids and Teens on the Autism Spectrum**

Ref: 339

Karla Helbert

£14.99

Children and teenagers with autism can struggle to cope with the loss of a loved one, and the complicated and painful emotions of bereavement. This book explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing.

**Focus in the family series - Diagnosis - Reactions in families**

Ref: 079

Brenda Nally

£5.00

This accessible set of booklets offers support and guidance to parents, siblings and other family members after a member of the family has received a diagnosis. The five booklets are based on family-led workshops organised by the authors in Manchester and are an excellent introduction to autism in the family.

Examines the key issues surrounding diagnosis and shares the experiences of the many parents who came to the Manchester workshops.

**Focus in the family series - Recognising and coping with stress**

Ref: 082

Brenda Nally and E Veronica Bliss

£5.00

This accessible set of booklets offers support and guidance to parents, siblings and other family members after a member of the family has received a diagnosis. The five booklets are based on family-led workshops organised by the authors in Manchester and are an excellent introduction to autism in the family.

Offering a framework for understanding the sources of daily stress which can affect carers as well as people with autism, this booklet offers helpful coping methods.



**Focus in the family series - Understanding difficult behaviour**

Ref: 080

E Veronica Bliss

£5.00

This accessible set of booklets offers support and guidance to parents, siblings and other family members after a member of the family has received a diagnosis. The five booklets are based on family-led workshops organised by the authors in Manchester and are an excellent introduction to autism in the family.

Looks at how people learn to use difficult behaviour and the importance of understanding the physical, health and environmental issues

**Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence**

Ref: 027

Luke Jackson

£12.95

Luke is 13 and has Asperger syndrome. He is aware of how little information there is for teenagers like himself so, with the help of his teenage brothers and sisters, he has written this honest and witty book. It covers a host of tricky teenage topics, including bullying and dating.

**Friendships The Aspie Way**

Ref: 161

Wendy Lawson

£12.99

People with Asperger's Syndrome have difficulty with interpersonal relationships, yet are well known to be loyal and dependable friends. Wendy Lawson felt she had a knack for upsetting people and was surprised to be told that she 'did friendship rather well'. In her frank and thoughtful analysis of what makes and breaks friendships, she explores what it means to have friends or be a friend – even a friend to oneself; what happens when times are tough and friends are scarce; whether one can be a 'good friend' without effort; and what other kinds of friendships there are, whether imaginary, animal or inanimate. These ideas are accompanied by practical examples, poetry and stories.

**From Anxiety to Meltdown**

Ref: 395

Deborah Lipsky

£13.99

Drawing on her own experience and using examples to explain how autistic people think, the author distinguishes between meltdowns and tantrums, showing how each begins, and most importantly, how to identify triggers and prevent outbursts from happening in the first place. Practical and simple solutions to avoiding anxiety are offered throughout.

**From Isolation to Intimacy – Making Friends without Words**

Ref: 317

Phoebe Caldwell

£12.99

If you have no language, how can you make yourself understood, let alone make friends? Phoebe Caldwell has worked for many years with people with severe intellectual disabilities and/or autistic spectrum disorder who are non-verbal, and whose inability to communicate has led to unhappy and often violent behaviour. In this new book she explores the nature of close relationships, and shows how these are based not so much on words as on the ability to listen, pay attention, and respond in terms that are familiar to the other person.

**George and Sam**

Ref: 378

Charlotte Moore

£9.99

Charlotte Moore has three children: the two oldest, George and Sam, are autistic; the youngest Jake is not. In this extraordinary book, which combines personal memoir with the most recent known information on this most fascinating and elusive of conditions, she describes the circumstances of their birth, behaviour, diagnosis, treatment - and brilliantly conveys what daily life is like for a family with autism. It's an invaluable book for anyone with an interest in childhood and child development.

**Getting IT using information technology to empower people with communication difficulties**

Ref: 162

Dinah Murray and Ann Aspinall

£12.99

Getting IT shows the power of IT to help people with communication difficulties satisfy the universal human need to communicate. This book will inspire carers, teachers, psychologists, parents and other professionals to use IT with people with communication difficulties, and will expand the skills and knowledge of those who already do.

**Getting to Grips with Asperger Syndrome - Understanding Adults on the Autism Spectrum**

Ref: 238

Carol Hagland

£12.99

Getting to Grips with Asperger Syndrome is a practical, problem-solving guide for those caring for or supporting an adult with Asperger Syndrome (AS). It will help them understand the condition and the difficulties it may cause, so that they can offer support in the most beneficial way.

**Girls Growing Up on the Autism Spectrum - What Parents and Professionals Should Know About the Pre-Teen and Teenage Years**

Ref: 214

Shana Nichols, Gina Marie Moravcik and Samara Pulver Tetenbaum

£15.99

This book offers practical guidance and easy-to-implement coping strategies on a host of areas, from keeping safe and friendships to tampons and tantrums. The many case studies and practical tips help to make this a useful guide for parents and carers and anyone working with teenager girls who have autism.

**Going on trips with an Asperger pupil**

Ref: 180

Judith Colley

£1.00

How to plan and run a trip. Useful for schools and anyone planning to travel with a child with Asperger syndrome.

**Going to the doctor: a guide for children with autism and Asperger syndrome**

Ref: 187

Emma Jones, NAS Autism Helpline Team

£1.00

A useful guide aimed at parents and carers but health professionals will also find it helpful.

**Going to the hairdressers: a guide for parents of children with autism and Asperger syndrome**

Ref: 157

Laura Slade, NAS Autism Helpline team

£0.50

This helpful booklet explains why a child with an ASD may become distressed when having a haircut and also suggests some strategies to help.

**Guide to Asperger Syndrome, A**

Christopher Gillberg

Ref: 029

£22.99

This is an accessible handbook, written by a world-renowned expert in the field. It covers symptoms of Asperger syndrome, diagnosis, background and problems, as well as strengths. It is aimed at a wide readership, including those affected by Asperger syndrome, their families, friends, teachers and employers, as well as health professionals.

**Haze**

Kathy Hoopmann

Ref: 037

£9.95

Acclaimed author of the Asperger Adventures series for children Kathy Hoopmann has turned her hand to a novel for teenagers. Weaving the facts of Seb's Asperger Syndrome into the story, this fast-paced book will be a riveting read for teenagers of all sorts and abilities.

**Help for the Child with Asperger's Syndrome - A Parent's Guide to Negotiating the Social Service Maze**

Gretchen Mertz

Ref: 112

£13.95

**Helping Adults with Asperger's syndrome. Get and stay Hired**

Barbara Bissonnette

Ref: 407

£15.99

Written for professionals and parents, this book offers employment strategies to support individuals with Asperger's Syndrome (Autism Spectrum Disorder) into fulfilling and long-lasting careers. It provides a primer on how people with Asperger's Syndrome think and teaches coaching techniques to help with jobhunting and workplace challenges.

**Helping Children with Autism Spectrum Conditions through Everyday Transitions, Small Changes - Big Challenges**

John Smith, Jane Donlan and Bob Smith

Ref: 347

£14.99

Facing any type of change can cause confusion and anxiety for individuals with autism spectrum disorders. This book looks at the changes in everyday life that can be a big deal for a child with autism and offers parents simple and effective strategies that make change less of a daily challenge.

**He's not Naughty! A Children's Guide to Autism**

Deborah Brownson

Ref: 404

£10.00

Lovingly written by a mother of two boys with Asperger's Syndrome, this book is ideal for those who have just received a diagnosis. Although created for children of all ages and abilities, this 67 page illustrated book is also a quick and fun way of explaining to family, friends and classmates why children with Autism behave the way they do. Coupled with the distinctive talents of Illustrator Ben Mason, who also has Asperger's Syndrome, this book provides a unique visual representation of what it's truly like to have Autism.

**Hidden Curriculum, The**

Brenda Smith Myles, Melissa L. Trautman, and Ronda L. Schelvan

Ref: 178

£14.95

This book offers practical suggestions and advice for how to teach and learn those subtle messages that most people seem to pick up almost automatically but that have to be directly taught to individuals with social-cognitive challenges. Given the serious consequences that can befall a person who violates a social rule, the strategies and detailed lists of curriculum items make The Hidden Curriculum a much-needed resource.

**Hints and tips for helping children with autism spectrum disorders - useful strategies for home, school and the community**

Dion E. Betts and Nancy J. Patrick

Ref: 215

£12.99

The book is split into five parts: home life, personal care, out and about, medical, and school. Common problem areas are also tackled in a toolkit section, which includes checklists, 'to do' lists and visual schedules.

**Hitchhiking through Asperger Syndrome**

Lise Pyles

Ref: 113

£12.95

Written in clear, straightforward language, the book does not promote any particular therapy or prescribe fixed solutions, but aims to help parents to ask good questions and come up with answers to suit their own circumstances and children. Full of humour and common sense, Hitchhiking through Asperger Syndrome will make encouraging, inspiring and entertaining reading for all parents of children with Asperger Syndrome.

**Home Educating Our Autistic Spectrum Children**

Edited by Terri Dowty and Kitt Cowlsha

Ref: 405

£15.95

A down-to-earth guide written by the people who know - the parents who home-educate children with Asperger syndrome or autism. It includes a practical section on the legal position of home educating in England and Wales and contacts for further support.

**How do you feel, Thomas?**

NAS

Ref: 163

£5.99

What makes Thomas the Tank Engine happy? What makes Harold excited? Pull the tab or turn the wheel to find out. A lovely way for children to learn about emotions.

**How Joshua learned - making sense of the world with autism**

Joshua Love

Ref: 197

£6.99

Children with autism spectrum disorders (ASD) can often be greatly helped by visual supports and good organisation. In his self-help book, aimed at children aged three to seven with an ASD, and their parents, Joshua explains strategies that have helped him. The amusing colour pictures support Joshua's visual supports message. They are only partly coloured to offer colouring-in opportunities. The author, Joshua Love, is eight-and-a-half years old and has autism. He attends a mainstream school.

**How People with Autism Grieve, and How to Help**

Ref: 338

Deborah Lipsky

£12.99

The book is an honest, first-hand account of how people with autism deal with the loss of someone in their life. Unlike the non-autistic response, people with autism, when faced with overwhelming or stressful situations, will favour solitude over sharing their emotions, tend to focus on special interests, and become extremely logical, often not expressing any emotion. This behaviour often leads to the belief that people with autism lack empathy, which is far from the case. Through the description of personal experience, and case studies, the book explores how people with autism feel and express the loss of a loved one, how they process and come to terms with their feelings of grief, and offers practical and detailed advice to parents and carers on a range of sensitive issues. These include clear instructions on how best to support someone with autism through the grieving process, how to prepare them for bad news, how to break the bad news, how to involve them in the funeral or wake, and how best to respond to later reactions. The final chapter explores the issue of why children and teens with autism can be drawn to death as a special interest, and explains that the interest is not normally a morbid one.

**How to be yourself in a world that's different**

Ref: 191

Yuko Yoshida

£9.99

This book is an ideal introduction to understanding and managing AS and ASDs for teenagers and young people with these conditions as well as the adults who support them.

**How to find work that works for people with Asperger Syndrome**

Ref: 151

Gail Hawkins

£14.95

For those who want to help somebody with Asperger Syndrome find and keep a satisfying job, this book is a vital tool. Gail Hawkins guides readers through the entire process of gaining employment, from building a supportive team, identifying and addressing workplace challenges, to securing an appropriate post. Including practical tips on topics such as finding potential employers and creating a dazzling CV, as well as sensitive advice on assessing when somebody is ready for work, and how, when and where to disclose a disability to an employer, Hawkins' well-tested approach aims to provide all the information needed for a fast, realistic, and successful path to fulfilling employment.

**How to Help Your Autistic Spectrum Child: Practical Ways to Make Family Life Run More Smoothly**

Ref: 171

Jackie Brealy, Beverly Davies, Richard Craze

£7.99

Many books will tell you the latest theories about what causes ASD, but what you really want to know is how to get a decent night's sleep, or stop your child flapping their arms, or find some time for your other children. Jackie Brealy understands the problems from both a parent's and a teacher's perspective. She was concerned at the lack of down-to-earth, practical help for parents, so she teamed up with journalist, Beverly Davies to write this book. Together with input from Matt and other parents of ASD children, Jackie and Bev have written this totally practical guide to help parents with all those day-to-day problems that make life so tough for them and their ASD child.

**How to live with autism and Asperger Syndrome: practical strategies for parents and professionals**

Ref: 054

Chris Williams and Barry Wright

£13.95

A very readable book which offers help on how children with autism see the world and how parents can help. Suggestions on behaviour, toileting, feeding, sleep, rituals and a host of other areas.

**How to start, carry on and end conversations: Scripts for social situations for people on the autism spectrum**

Ref: 424

Paul Jordan

£8.99

Drawing on his own experience on the autism spectrum and his knowledge of linguistics, Paul Jordan provides simple 'scripts for thinking' that will help teens with autism to make sense of social situations and engage in everyday conversations.

**How to support and teach children on the Autism Spectrum**

Ref: 055

Dave Sherratt

£9.99

A user-friendly book which offers a mass of helpful advice on how to work with children with autistic spectrum disorders. Dave has many years experience of teaching children with autism.

**How to support and teach children on the Autism Spectrum**

Ref: 189

Dave Sherratt

£9.99

A practical and accessible book providing a welcome source of ideas and support for those involved in the education of children on the autistic spectrum primarily teachers but also for parents and professionals.

**How to understand Autism - the easy way**

Ref: 149

Alex Durig

£12.95

In this clear and accessible introduction to autism, Alexander Durig provides a host of ideas and examples that enable the reader to understand the phenomenon of autism, recognize different kinds of autistic perception and behaviour, and prepare for interaction with autistic people. To help 'normal' people understand and lose their fear of autism, Durig discusses the notions of 'slight' autism, being or becoming 'autism-friendly', and the mental well-being of autistic people. The author explains how autistic perception 'works' and how it yields autistic behaviours', to enable readers to see the world through the eyes of an autistic person, and thus change the way they perceive autism.

**Hurricane Dancing: Glimpses of Life with an Autistic Child**

Ref: 324

D. Alison Watt

£9.95

Hurricane Dancing is a collection of poems and photographs that tell of the heartbreaks, challenges and joys of raising an autistic child. The intense relationship portrayed here between an autistic daughter and her parents shows that a child can experience love and acceptance regardless of how severe her autism is. Offering hope and encouragement while challenging our own perceptions of autism, these poetic reflections from a mother's perspective together with evocative and sensitive visual insights provided by the photographs convey a message of inspiration and hope.

**I am an Aspie Girl: A book for young girls with autism spectrum conditions**

Ref: 400

Danuta Bulhak-Paterson

£9.99

Girls with an Autism Spectrum Disorder (ASD) are often quite different from boys with an ASD. In this fully-illustrated, colour storybook, Lizzie, an 'Aspie Girl', talks about all the things she and other girls with Asperger Syndrome sometimes find difficult, and all of the things that make them special.

**I am Special – Introducing Children and Young People to their Autistic Spectrum Disorder**

Ref: 329

Peter Vermeulen

£22.99

I am Special is a workbook developed by Peter Vermeulen and already used extensively with young people with autism spectrum disorder. The workbook is designed for a child to work through with an adult - parent, teacher or other professional. Unlike other books, its content and layout are devised especially for children who read, think and process information differently.

**I am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-functioning Autism**

Ref: 216

Elaine Marie Larson

£14.95

The A-Z of what's great about having Asperger syndrome, written by the grandmother of a boy with the condition: E is for Extremely Enthusiastic!

**I Have a Question about Death: A Book for Children with Autism Spectrum Disorder or Other Special Needs**

Ref: 436

Arlen Grad Gaines and Meredith Englander Polsky

£9.99

"What does it mean when someone dies?" "Why did someone I love have to die?" This book asks questions like these that a child might have about death before offering answers. It uses straightforward text and clear illustrations to explain what death means specifically to children with ASD and other Special Needs aged 5-11.

**I have autism... What's that?**

Ref: 034

Kate Doherty, Paddy McNally and Eileen Sherrard

£4.50

This cheerful book helps children and young people with autism to discover how they are different from neuro-typical people. Written in straightforward language and illustrated with helpful and amusing pin men, it explores different approaches to talking, playing and learning and offers coping strategies.

**I really don't know why: a sibling song to autism**

Ref: 186

Haitham-Al-Ghani

£4.99

Haitham has an autistic spectrum disorder and communicates best through his art. His book explores his many childhood quirks and celebrates his long-suffering sisters patience. Full of good humour and insight, with witty illustrations.

**I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults**

Ref: 411

Cynthia Kim

£7.00

In her forties, the author was diagnosed with Asperger's syndrome. She addresses aspects of living with ASD as a late-diagnosed adult, including coping with the emotional effect of discovering oneself to be autistic and deciding with whom to share the diagnosis and how.

**If I tell them how I feel then they'll understand**

Ref: 267

Adults with autism in their own words

£0.00

This book gives an excellent insight into life with autism in the UK today and makes for fascinating reading for parents, professionals and people with autism.

**If your Adolescent has an Anxiety Disorder**

Ref: 443

Edna B. Foa

£10.49

An in-depth look at prevalent anxiety disorders in adolescents, this book is designed for parents of teens who have recently been diagnosed with or who are at risk for developing such a disorder. It is also for other adults, such as teachers and guidance counsellors, who are regularly in contact with at-risk adolescents. The book combines scientific expertise - including information about available treatments and up-to-date research findings on anxiety disorders-with the practical wisdom of parents who have raised teenagers with these illnesses.

**I'm a teenager... get me out of here!**

Ref: 326

Carolyn Brock

£6.99

When you have a brother or sister with autism, it's completely natural to feel that life is unfair sometimes, that too much is expected of you. Perhaps you feel you get less attention from your parents than your sibling or you are angry with your parents for not coping better. Maybe you just want more information and to know if there is anyone else out there going through the same things. The author hopes that this book written especially for teenage siblings of people with an autism spectrum disorder (ASD) will help them to realise that they are not alone and to be honest about their feelings, to understand their siblings better and to know where to look for further help.

**Inclusion in the secondary classroom: support materials for children with autistic spectrum disorders**

Ref: 179

Joy Beaney and Penny Kershaw

£10.99

Packed with useful strategies and work materials, with lots of photocopiable resources for schools.

**Incredible 5-point scale: assisting children with ASDs in understanding social interactions and controlling their emotional Responses. The**

Ref: 044

Kari Dunn Buron and Mitzi Curtis

£10.50

Assisting children with ASDs in understanding social interactions and controlling their emotional responses. This clearly written book shows children aged seven to 13 how to work at problem behaviour such as obsessions or yelling and move on to alternative, positive behaviours.

- Independent living for adults with autism and Asperger syndrome. A guide for families of people with autistic spectrum disorders** Ref: 003  
NAS Development and Outreach £4.50  
Written with a very practical approach, this informative book looks at accessing housing, employment and social activities for adults with autism and Asperger syndrome. It explains how to go find help, options available, current legislation and gives a list of useful contacts.
- Inside Asperger's Looking Out** Ref: 349  
Kathy Hoopmann £9.99  
Following in the best-selling footsteps of Kathy Hoopmann's All Cats Have Asperger Syndrome and All Dogs Have ADHD, this book shows neurotypicals how Aspies experience the world. Each page brings to light traits that many Aspies have in common, and the book celebrates the unique characteristics that make those with Asperger's Syndrome special.
- Is It OK to Ask Questions about Autism?** Ref: 435  
Abi Rawlins £12.99  
Through autism awareness workshops in schools, the authors have compiled the most common questions on the subject. Based on real questions raised by children aged 5-11, this book provides direct answers as well as strategies for continuing the discussion to increase autism awareness in primary school settings.
- It can get better – Dealing with common behaviour problems in young autistic children** Ref: 304  
Paul Dickinson and Liz Hannah £5.00  
This pocket sized book is written by two health professionals who have worked with challenging behaviour in children with autism. Aimed specifically at parents and carers of young children, it looks at common behaviour problems and offers strategies and tips on how to deal with them in a jargon free format. It offers help with many problem behaviours, including temper tantrums, toileting problems, sleep, feeding, self-help skills and learning to play, coping with obsessional and repetitive behaviour and self injury.
- It can get better...dealing with common behaviour problems in young autistic children** Ref: 011  
Paul Dickinson and Liz Hannah £5.00  
This is a pocket sized book written by two health professionals who have worked with challenging behaviour in autistic children. Specifically written for parents and carers of young children, it looks at common behaviour problems encountered by families of children on the autistic spectrum and offers strategies and tips on how to deal with them in a jargon free format. The issues explored include temper tantrums, toileting problems, sleep problems, feeding problems, self-help skills and learning to play, coping with obsessional and repetitive behaviour and self injury.
- I've got a stat for you: My life with autism** Ref: 403  
Andrew Edwards £9.99  
I've got a Stat for You is an honest and compelling account of one young man's journey to manage his autism and achieve his goals. Raised in a single parent household and encountering bureaucracy, bullying, and a lack of understanding from many around him, Andrew emerged from a turbulent childhood to win a Welsh National Young Volunteer Award, give speeches on his condition, and secure his dream job as a statistician at Manchester United Television.  
From Wrexham to Buckingham Palace, and incorporating stories of The Simpsons, sport, music, and strange smells – I've got a Stat for You is a powerful and inspirational tale that shows how determination, a positive outlook, and the will to succeed can overcome all odds
- Jumbled Jigsaw An Insider's Approach to the Treatment of Autistic Spectrum `Fruit Salads', The** Ref: 114  
Donna Williams £14.99  
The Jumbled Jigsaw exposes autism spectrum disorders (ASDs) not as single entities but as a combination of a whole range of often untreated, sometimes easily treatable, underlying conditions. Exploring everything from mood, anxiety, obsessive-compulsive and tic disorders to information processing and sensory perceptual difficulties, including dependency issues, identity problems and much more, Donna demonstrates how a number of such conditions can combine to form a 'cluster condition' and underpin the label 'autism spectrum disorder'.
- Just Take a Bite - Easy, Effective Answers to Food Aversions and Eating Challenges** Ref: 053  
Lori Ernsperger and Tania Stegen-Hanson £15.95  
Many children with autism and Asperger syndrome are so picky with food that meals can become a battle ground. This book offers a mass of helpful strategies to encourage them to eat more sensibly.
- Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More! - The one stop guide for parents, teachers, and other professionals** Ref: 063  
Martin L. Kutscher MD £14.99  
The one stop guide for parents, teachers and other professionals  
So many children with autism and Asperger syndrome have other difficulties. This is an excellent introduction to these neurological mixes, with a host of helpful strategies.
- Learning to Live with High Functioning Autism: A Parent's Guide for Professionals** Ref: 116  
Mike Stanton £10.95  
When his son, Matthew, was finally diagnosed with autism at 12 years old, Mike Stanton thought the diagnosis marked the end of their troubles. In fact, despite the increase in reported levels of autism, appropriate support and clear information were hard to find. Mike had to teach himself and then attempt to pass on his knowledge and understanding to those who worked with his son. Learning to Live with High Functioning Autism draws on the Stanton family's experiences, and compares it with the experiences of others, to offer an honest portrayal of what living with autism is actually like for all of those involved. It offers an insight into the world of autistic children and the problems that they and their families face. It will provide support and encouragement for families of children with autism, as well as being an invaluable source of information and advice for professionals working with autistic children and their families. Most important of all, it argues convincingly that learning to live with autism is a two-way process. We have to reject all models of intervention based upon coercion and compliance in order to work in partnership with young people with autism.



**Liam Says "Sorry"**

Jane Whelen Banks

Ref: 239

£6.99

Vibrant, colourful and lively, this book's positive messages and advice are ideal for young children wanting to understand social situations or how friendships work.

**Life Behind Glass - A Personal Account of Autism Spectrum Disorder**

Wendy Lawson

Ref: 031

£13.95

Wendy Lawson has an autism spectrum disorder. Considered to be intellectually disabled at school, she was later misdiagnosed as schizophrenic - a label that stuck with her for more than 25 years. Her sense of self was then non-existent, but Wendy is now a mother of four with two university degrees; she is a social worker and adult educator, and operates her own business. She is also a poet and a writer.

**Lisa and the Lacemaker: An Asperger Adventure**

Kathy Hoopmann

Ref: 117

£7.95

When Lisa discovers a derelict hut in her friend Ben's backyard, she delights in exploring the remnants of an era long gone. Imagine her surprise when Great Aunt Hannah moves into a nursing home nearby, and reveals that once she was a servant in those very rooms. The old lady draws Lisa into the art of lace making and through the criss-crossing of threads, Lisa is helped to understand her own Asperger Syndrome. But Great Aunt Hannah also has a secret and now it is up to Lisa to confront the mysterious Lacemaker and put the past to rest.

**Living with Asperger Syndrome**

Joan Gomez

Ref: 374

£7.99

Support for those with a family member on the autistic spectrum. Asperger syndrome, which affects communication and social interaction, is a neurological disorder which is believed to affect more than 200,000 people in the UK. Unlike others on the autistic spectrum, those with Asperger syndrome often want to communicate, and to share their lives, but don't know how. This book looks at how families with an "Aspie" can help them be accepted for what they are, to lead full lives and to make the most of their unique gifts. It explains the common signs of Asperger syndrome in babies and young children, and gives advice to parents on how to overcome any difficulties at school that an older child might face. Advice is also given on the vulnerable teenage years and how to promote relationships with others. This book also looks at the historical background to this disorder, and at great thinkers with Asperger type characteristics, including Einstein.

**Look Me in the Eye: My Life with Asperger's**

John Elder Robison

Ref: 442

£7.69

Presents the author's story of growing up with Asperger's syndrome at a time when the diagnosis simply didn't exist. This book tells the story of two brothers born eight years apart yet devoted to each other: the author and his younger brother Chris, who would grow up to become bestselling author Augusten Burroughs.

**LOST - A Friend's and Relative's Guide to Supporting the Family with Autism**

Ann Palmer

Ref: 346

£12.99

This book explains the nature of autism and the likely challenges a family will face when their child is diagnosed. It is full of advice on how extended family members and friends can provide the necessary help, including practical ways they can make the family's daily life easier and help to establish a reliable support system for the child.

**LOST - Managing Family Meltdown: The Low Arousal Approach and Autism**

Linda Woodcock and Andrea Page

Ref: 399

£12.99

This book offers strategies to resolve common challenging behaviours using a low arousal approach – a non-aversive approach based on avoiding confrontation and reducing stress. It explains challenging behaviours, and offers guidance on how families can manage different types of challenging behaviour, such as physical aggression and self-injury.

**LOST - Mind of one's own, A**

Digby Tantum, Sue Prestwood

Ref: 001

£4.50

This is a valuable book offering guidance on supporting an adult with high functioning autism or Asperger syndrome. It deals practically with the emotional and physical issues arising throughout an individual's life, such as marriage, developing hobbies and ageing.

**LOST - The One and Only Sam**

Aileen Stalker

Ref: 282

£12.99

This book provides a fresh and fun approach to exploring common idioms for all children aged 5 to 8, as well as those with Asperger Syndrome and communication difficulties.

**Loving Olivia: My Life with My Autistic Daughter**

Liz Astor

Ref: 166

£8.57

The moving story of devastating disability in a world of privilege. Liz Astor's honest and personal account - of coming to terms with the fact that things weren't quite right with her daughter Olivia; of accepting Olivia's limitations while struggling to do and to get the best for her; of having to balance this daughter's needs with the needs of the rest of her extensive family; of fighting to raise public awareness of autism; of the myriad treatments, therapies and exercises that the author has been in able to put to the test and the results of which she shares; of feelings ranging wildly from deep despair and rage to intense happiness and pride - shows that there is much for us all to learn from those who suffer from this profound disability. "Olivia's Story" offers hope and inspiration for children like Olivia and those who love them.

**Make school make sense for me**

Beth Reid and Amanda Batten

Ref: 182

£0.00

In early 2006 the NAS interviewed 28 children and young people with autism to find out about their experiences of education, as part of our make school make sense campaign. They speak about their experiences at school and at college, the challenges they have faced and their hopes for the future.

**Making Sense of the Unfeasible: My Life Journey with Asperger Syndrome**

Ref: 065

Marc Fleisher

£12.95

Before he received his diagnosis in the 1970s, Marc was considered mentally retarded, yet he went on to gain a degree in maths. Here he tells how he gets the most out of life, with the support of his family and autism services. He writes with humour and offers a multitude of useful

**Making the Move - A Guide for Schools and Parents on the Transfer of Pupils with Autism Spectrum Disorders (ASDs) from Primary to Secondary School**

Ref: 218

K.I. Al-Ghani and Lynda Kenward

£19.99

A child-friendly book aimed at teachers, support staff and parents of children with autism spectrum disorders, offering practical advice on the move to secondary school. It is full of helpful photocopiable visual supports, schedules and Social Stories on a range of possible flashpoints, ranging from school rules and packing the school bag to moods and homework.

**Making visual supports work in the home and community: strategies for individuals with autism and Asperger syndrome**

Ref: 023

Jennifer L. Savner and Brenda Smith Myles

£12.95

Children with autism find visual timetables and instructions extremely helpful: a visual support is like having a light bulb go on in their head! From a guide to hand washing to making popcorn, this richly illustrated book provides parents, carers and teachers with all the information they need to make effective visual supports with ordinary materials.

**Managing Asperger syndrome at college and university**

Ref: 052

Juliet and Claire Jamieson

£20.00

Meeting the demands of student life can be tough, especially for students with Asperger syndrome. This book is full of practical suggestions and includes a CD for academic staff and resources for photocopying.

**Managing meltdowns - using the S.C.A.R.E.D. calming technique with children and adults with autism**

Ref: 219

Deborah Lipsky and Will Richards

£9.99

In a crisis fear is the first emotional response of a person who has autism. 'Meltdowns', or brain overloads can be scary for the individual with autism, and for the person trying to help if they don't know how to react in this situation. Using the easy-to-remember acronym S.C.A.R.E.D., coined by clinical psychologist Will Richards, this guide offers strategies and practical techniques that will be a valuable tool to anyone in a first response position.

**Managing Money**

Ref: 365

The National Autistic Society

£6.99

This workbook is for people with an autism spectrum disorder (ASD) who want to learn more about how to manage their money. Research tells us that lots of people with an ASD would like to learn more about this. It is important to manage your money effectively to avoid getting into debt, which can cause stress and anxiety. This workbook has 25 sections to help you learn about all the different ways of managing your money.

**Managing with Asperger Syndrome**

Ref: 118

Malcolm Johnson

£14.95

Full of practical advice, this book will be essential reading for anyone with AS in employment as well as their managers, colleagues, family and friends, as well as supporting professionals.

**Martian in the playground**

Ref: 018

Claire Sainsbury

£12.00

Clare has Asperger syndrome. She wrote this book using her own experiences of school life and those of other people with the condition. She offers a beginner's guide to Asperger syndrome, thought-provoking chapters on inclusion, labelling, normalisation and life after school, along with helpful advice on enabling children with Asperger syndrome to learn.

**Mental Health Aspects of Autism and Asperger Syndrome**

Ref: 303

Mohammad Ghaziuddin

£13.95

The first book to address the increasingly urgent need for information about psychiatric problems in people with autism spectrum disorders (ASDs), *Mental Health Aspects of Autism and Asperger Syndrome* systematically explains the emotional and psychological difficulties that are often encountered with ASDs. The author, an experienced psychiatrist specializing in autism, describes each of the conditions that are commonly seen in autistic children and adults, including schizophrenia, depression, anxiety, and tic disorders, and gives sound guidance on their early detection and treatment. Easy to use and authoritative, this book is an essential tool for use by both family and professionals.

**Mental health in people with autism and Asperger syndrome: a guide for health professionals**

Ref: 266

Christine Deudney

£1.50

This book emphasises the diagnosis and treatment of depression, anxiety and obsessive compulsive disorder and catatonia. This makes it important reading for health professionals, as well as people with ASD, their families and carers.

**More Cognitively Advanced Individuals with Autism Spectrum Disorders, Autism, Asperger Syndrome and PDD/NOS - the Basics**

Ref: 350

Susan J. Moreno, MAABS

£7.99

The second edition of this concise, plain-English guide fully explains all of the common areas of difficulty for more cognitively advanced individuals with autism, Asperger syndrome and PDD/NOS, and provides much-needed support, uncomplicated advice, and practical, positive solutions.

- Multicoloured Mayhem - Parenting the Many Shades of Adolescents and Children with Autism, Asperger Syndrome and AD/HD** Ref: 039  
Jacqui Jackson £12.95  
Life is anything but straightforward for the Jackson Seven, including Luke who has AS, Joe who has AD/HD and Ben who has autism, all on the GF/CF free diet. Here Jacqui reveals the secret of her success.
- My Book Full of Feelings: How to Control and React to the Size of Your Emotions** Ref: 251  
Amy V. Jaffe £14.38  
This book will help teach children to identify, access the intensity of and respond appropriately to their emotions. This book is fully interactive.
- My Child Has Autism, Now What?** Ref: 293  
Susan Larson Kidd £9.99  
This concise, no-nonsense book will enable parents to regain control of the situation and take the first practical steps towards a calm and happy life with their newly-diagnosed child. Dr. Larson Kidd's approach draws from the vast amount of information available on parenting a child with autism and distils it into ten manageable steps. It covers the key aspects of life with a child on the autism spectrum, including the basics such as sleeping, eating, and toileting, through adapting the home, creating routines, and exploring therapy. Ready-to-implement strategies are outlined simply and clearly, and are firmly grounded in the author's extensive experience of supporting children with autism. This practical book will be essential and empowering reading for every parent whose child has recently been diagnosed with autism or for parents still struggling with where to begin to help their child.
- My family is different** Ref: 195  
Caroln Brock £8.99  
A workbook for children with a brother or sister who has autism or Asperger syndrome. It's not easy having a brother or sister who has autism or Asperger syndrome. This cheerful book, full of puzzles, pictures to draw and colour, games and other activities, helps work through some of the issues and celebrates difference. The illustrations are part coloured only to offer colouring-in opportunities. For four to nine year-olds.
- My friend Sam: introducing a child with autism to a nursery school** Ref: 194  
Liz Hannah £7.99  
This accessible and affectionate book uses simple wording and delightful colour pictures to describe some of the difficulties that young children with autism may have, and also some of the things they are very good at. The large print and drawings mean that the book can be used with a whole group in circle time.
- My sister is different** Ref: 144  
Sarah Tamsin Hunter £4.99  
Life with a sister who has autism, written and illustrated by 10 year old Sarah who also has an ASD.
- My Social Stories Book** Ref: 025  
Edited by Carol Gray and Abbie Leigh White £12.95  
Social stories are a popular way of teaching social and life skills to children on the autism spectrum. This attractively illustrated book contains over 150 social stories. The helpful introduction explains how to get the most out of the book and offers guidelines for producing individualised social stories.
- My special brother Rory** Ref: 307  
Ellie Fairfoot and Jenny Mayne £2.99  
A sister's eye view of the joys and pitfalls of having a brother who has autism. Although aimed firstly at children aged 4-7, children of all ages will enjoy this book. For children 4-7 and suitable for all children.
- Nerdy, Shy, and Socially Inappropriate, A User Guide to an Asperger Life** Ref: 373  
Cynthia Kim £12.99  
This humorous, insider guide to Asperger Syndrome (ASD) explores the 'why' of ASD traits. Full of personal anecdotes, Kim explores, amongst many other things, how her perspective changed after diagnosis and offers strategies to help manage the quirks of ASD, including a section on the benefits of martial arts.
- NeuroTribes: The Legacy of Autism and How to Think Smarter About People Who Think Differently** Ref: 406  
Steve Silberman £13.54  
Steve Silberman unearths the secret history of autism, long suppressed by the same clinicians who became famous for discovering it, and finds surprising answers to the crucial question of why the number of diagnoses has soared in recent years. Going back to the earliest autism research and chronicling the brave and lonely journey of autistic people and their families through the decades, Silberman provides long-sought solutions to the autism puzzle while casting light on the growing movement of 'neurodiversity' and mapping out a path towards a more humane world for people with learning differences.
- New Social Story Book, The** Ref: 170  
Carol Gray £18.35  
A collection of Social Stories addressing a wide variety of topics, for both home and school.
- Nobody Nowhere** Ref: 004  
Donna Williams £12.95  
Donna's book portrays a moving account of her struggle to come to terms with her life with autism and to survive the suffering of an unsympathetic and ignorant world.

**Not Stupid**

Anna Kennedy

Ref: 284

£17.99

The Story of One Mother's Fight to Rescue the Lives of Her Children from Autism. The author Anna Kennedy and her husband Sean, live in London with their two autistic sons Patrick and Angelo. Not Stupid is the story of Anna's determination to provide an appropriate learning environment for her sons and for other children within the autistic spectrum

**Of Mice and Aliens: An Asperger Adventure**

Kathy Hoopmann

Ref: 020

£7.95

A sequel to 'Blue bottle mystery', this is a science fiction novel. Our hero Ben is learning to cope with his newly diagnosed Asperger syndrome when an alien crash-lands in his back garden. The humorous parallels between the alien's problems relating to humans and Ben's own idiosyncrasies highlight the difficulties which people with ASDs face every day.

**Our Journey Through High Functioning Autism and Asperger Syndrome: A Roadmap**

Linda Andron

Ref: 444

£19.99

For the families who have contributed to this book, living with autism spectrum disorders has been a journey of self-discovery. With honesty and humor, they describe the ways autism has affected their daily lives, the challenges they have faced and the approaches they have found beneficial, and share their practical and original strategies.

**Our Socially Awkward Marriage: Stories from an Asperger's Relationship**

Tom Peters

Ref: 416

£8.11

Through a series of warm and uplifting stories, Tom and Linda Peters take you into the heart of their socially awkward marriage. Tom had long suspected that there was something wrong with him, but despite his best efforts, he could never figure out what it was. With the help of Linda, a writer and investigator who he would later marry, Tom went looking for answers that would explain his quirky way of seeing the world. At the age of 47, he was diagnosed with Asperger's Syndrome, a high-functioning form of autism.

**Out of Mind - Out of Sight: Parenting with a Partner with Asperger Syndrome**

Kathy Marshack

Ref: 426

£12.40

Out of Mind - Out of Sight: Parenting with a Partner with Asperger Syndrome (ASD), takes an honest look at the unique issues that come up when you're co-parenting with an Asperger partner. It's a tough assignment because for the Aspie (ASD) parent so many of the interactions within the family circle, that require empathy, are literally out of mind – out of sight. This is essential reading for the Neuro-Typical (NT) parent to learn more about Asperger Syndrome and find a way to co-parent, co-exist and even thrive within the Asperger/NT family unit.

**Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide Using CBT**

Lee A. Wilkinson

Ref: 396

£12.99

Award-winning author Lee Wilkinson's new book presents strategies derived from Cognitive Behavioural Therapy, adapted specifically for adults with autism, to help them overcome anxiety, depression and other mental health difficulties and improve their psychological wellbeing.

**Parent to Parent - Information and Inspiration for Parents Dealing with Autism and Asperger's Syndrome**

Ann Boush y

Ref: 119

£13.95

When a child is diagnosed with autism or Asperger's Syndrome, what a parent needs most is information and inspiration. After her son Jon was diagnosed with high-functioning autism in kindergarten, Ann Boush y soon learned that, for her, knowledge was the key to peace. Written out of her own experience, this inspirational book provides the information that will empower other parents who find themselves in her situation, and inspire them in their quest for the right diagnosis and the right help for their child.

**Parenting a Teen or Young Adult with Asperger Syndrome (Autism Spectrum Disorder), 325 Ideas, Insights, Tips and Strategies**

Brenda Boyd

Ref: 352

£13.99

325 astute and practical ideas, insights, tips and strategies address how to maintain an open and healthy relationship with your child as they become independent adults, designed to foster understanding between family members and help the young person with issues such as social vulnerability and peer relationships, self-esteem, anxiety and change.

**Parenting without Panic, A Pocket Support Group for Parents of Children and Teens on the Autism Spectrum (Asperger's Syndrome)**

Brenda Dater

Ref: 353

£12.99

Extending the lifeline of a peer support group to parents of children and teens on the autism spectrum everywhere, this reassuring and supportive guide is filled with many real examples and offers trusted advice and tried-and-tested solutions to parents' top concerns and in a down-to-earth and engaging format.

**Parent's Guide to Asperger Syndrome and High-Functioning Autism**

Sally Ozonoff, Geraldine Dawson and James McPartland

Ref: 376

£13.95

This hopeful, compassionate guide shows parents how to work with their children's unique impairments and capabilities to help them learn to engage more fully with the world and live as self-sufficiently as possible. From leading experts in the field, the book is packed with practical ideas for helping children relate more comfortably to peers, learn the rules of appropriate behavior, and participate more fully in school and family life. It also explains what scientists currently know about autistic spectrum disorders and how they are diagnosed and treated. Real-life success stories, problem-solving ideas, and matter-of-fact advice on everything from educational placements to career planning make this an indispensable reference that families will turn to again and again.

**Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty**

Jane Alison Sherwin

Ref: 397

£12.99

Full of advice and support, this book is an honest account of one family's experiences of raising a child with Pathological Demand Avoidance Syndrome (PDA). It includes strategies to help manage PDA behaviours, information on obtaining diagnosis and raising awareness, and explanations to help readers gain a better understanding of the condition.

- People with Autism Behaving Badly - Helping People with ASD Move On from Behavioral and Emotional Challenges** Ref: 057  
John Clements £13.95  
People with ASD may behave in ways that cause difficulties to themselves and others. This book offers a host of helpful long-term strategies to help resolve common problems, illustrated by case studies.
- Personal Hygiene? What's that got to do with me?** Ref: 051  
Pat Crissey £12.95  
Packed with cartoons and activity ideas to show you how to look good and smell sweet, have a great smile and stay healthy. Aimed at young people with autism or Asperger syndrome but suitable also for young people with learning difficulties.
- Play with me – Including children with autism in mainstream primary schools** Ref: 310  
Isabel Cottinelli Telmo £4.99  
What is autism? What difficulties do children with autism have? How can other children in the class help them? This book offers practical help to difficult questions. Written with affection and humour, it gives classmates a better understanding of children with autism. Originally published in Portuguese by AAPDA, the Autistic Society of Portugal, this book has delightful line drawings which are suitable for colouring.
- Playing, Laughing and Learning with Children on the Autism Spectrum - A Practical Resource of Play Ideas for Parents and Carers** Ref: 028  
Julia Moor £12.95  
This book is full of ideas to gain a child's attention and motivation and build on small achievements, with advice on how to redirect obsessions and rituals positively. It also covers reading and making the most of television. The strategies will help toddlers as well as older children.
- Playscheme Resource Manual** Ref: 364  
Sandra Thoms £5.00  
Practical advice for setting up playschemes for children with autism spectrum disorders. Sandra discusses the details of planning play schemes and how they can encourage play, social interaction and learning. Her writing is based on her work on The National Autistic Society Playschemes Project in Scotland
- Pre-Schoolers with Autism - An Education and Skills Training Programme for Parents - Manual for Parents** Ref: 120  
Avril V. Brereton and Bruce J. Tonge £13.95  
This ground-breaking training programme has been developed in response to a real need for evidence-based early interventions for very young autistic children. Authoritative and extensively tried and tested, it will help both parents and carers to understand the disorder and how it affects child development. Ultimately, the programme is designed to reduce the severity of emotional/behavioural difficulties by managing a child's particular problems and encouraging effective collaboration between professionals and parents.
- Pretending to be Normal: Living with Asperger's Syndrome** Ref: 005  
Liane Holliday Willey £12.95  
Chronicling her life as a university lecturer, writer, wife and mother, Liane shares the daily struggles and challenges that face many of those who have Asperger syndrome. The book includes some very helpful appendices which provide a range of helpful coping strategies and guidance for people moving through adolescence and university life.
- Providing Practical Support for People with Autism Spectrum Disorders: Supported Living in the Community** Ref: 315  
Denise Edwards £15.19  
One element at the heart of effective service provision is an understanding of the service user's needs. This book unravels some of the common misunderstandings between people with autism spectrum disorders (ASD) and providers of support services, and offers practical advice on how to ensure that the needs of people with ASD are catered for effectively. Denise Edwards writes directly from her own experiences of finding appropriate support for her adopted son, John Paul, who has Asperger's syndrome, but also draws on the experiences of a broad range of service users.
- Raising NLD Superstars** Ref: 377  
Marcia Brown Rubinstien £13.99  
The author shares her experiences of life as the parent of a child with NLD with humanity and humour. She looks not only at day to day practicalities such as making meal times easier for all the family and reaching compromises on inappropriate clothing choices but also at the long-term plan for independence.
- Realizing the College Dream with Autism or Asperger Syndrome - A Parent's Guide to Student Success** Ref: 121  
Ann Palmer £11.19  
This accessible book focuses on how to get there and stay there: deciding to go, how to get in and how to get the most out of it. Ann Palmer advises parents and professionals how to prepare the student for the transition from school and home life to a new environment and educational challenge, and how to support them through potential problems such as academic pressure, living away from home, social integration and appropriate levels of participation in college. She offers helpful strategies that will encourage and inspire parents and students and show that college can be a suitable option for students with an autism spectrum disorder, as well as the basis for a successful independent life later.
- Revealing the Hidden Social Code - Social Stories for People with Autistic Spectrum Disorders** Ref: 060  
Marie Howley and Eileen Arnold £12.99  
So many people have asked The National Autistic Society for Social Stories for older children and adults. This book is the answer to these requests! Full of useful examples and advice on producing tailor-made Social Stories.



**Safety Skills for Asperger Women, How to Save a Perfectly Good Female Life**

Ref: 356

Liane Holliday Willey, EdD

£12.99

This insightful and inspirational companion for females with Asperger's Syndrome will aid them in negotiating daily struggles and staying safe. It discusses a variety of social situations and issues such as bullying, self-harm, depression, and eating disorders and encourages readers to recognize that they can live happy, full and independent lives.

**Sensory Smarts - A Book for Kids with ADHD or Autism Spectrum Disorders Struggling with Sensory Integration Problems**

Ref: 122

Kathleen A. Chara and Paul J. Chara, Jr.

£8.95

Sensory Smarts offers real solutions and hope, such as a sensory sensitivity scale, a behavioral rating chart and a list of helpful organizations. With much of the book written from the perspective of a child, and including rich illustrations, this book encourages children to work with adults in overcoming their sensory difficulties. Based on mainstream psychological theories, this book will be indispensable to those suffering from, or trying to raise awareness of, sensory problems in childhood.

**Sensory Strategies - Practical ways to help children and young people with autism learn and achieve**

Ref: 363

Corinna Laurie

£10.00

All the information we receive about the world comes through our senses. Sometimes, people's senses do not process information as they should and the brain ends up like a 'traffic jam' of information. This can affect behaviour and, for children and young people, their ability to learn and do well in school.

Corinna Laurie, a specialist occupational therapist, looks at:

- > our senses, and how they can affect behaviour
- > strategies to reduce the impact of sensory issues on behaviour
- > ideas that can help to remove barriers to learning.

Written for professionals who work with students with autism, this book also offers a range of photocopiable resources for use in education settings.

**Sensory world of the autistic spectrum: a greater understanding, The**

Ref: 091

Kate Wilkes

£1.50

Many people on the autistic spectrum experience sensory difficulties or are particularly sensitive to certain sensations. This booklet aims to give a basic understanding of these difficulties and offers coping strategies.

**Seriously Weird**

Ref: 301

Gene Kemp

£0.00

This story is about a boy named Troy, who is very weird. He is obsessed with, though brilliant at numbers, is undisciplined, erratic and violent, though also lovable. The novel portrays the effect he has on his family, neighbours and school, and shows how other people respond to people who are different. His family thinks he is completely mad, all except for his Mom, who pretends there is nothing wrong with him. The family are both fascinated and frustrated with Troy's weirdness as he proves a constant problem and embarrassment to them. In the end, there is hope that Troy's genius will be recognised. His weirdness turns out to be an integral part of his genius. This is a very funny and lively book.

**Sex, Drugs and Asperger's Syndrome (ASD): A User Guide to Adulthood**

Ref: 439

Luke Jackson

£9.99

Luke Jackson serves up a sparkling guide to young adulthood on the autism spectrum in this sequel to his best-selling Freaks, Geeks and Asperger Syndrome. Offering personal insights, he covers everything from bullying and drugs to finding a job, navigating relationships, and sex. A must read for all young adults with autism.

**Small Steps Forward – Using Games and Activities to Help Your Pre-School Child with Special Needs**

Ref: 321

Sarah Newman

£15.99

When young children are diagnosed with conditions such as Down's Syndrome, autism or other forms of developmental delay, there is much that parents can do to help. Small Steps Forward provides parents and carers with the information they require and a host of ideas to encourage their child's development. The games and activities suggested in the book use toys and materials which most children will already have, and involve no special preparation. They are also fun to play.

**Social Skills Groups for Children and Adolescents with Asperger's Syndrome, A Step-by-Step Program**

Ref: 168

Kim Kiker Painter

£29.99

A comprehensive and practical social skills group program, this will be an invaluable and unique resource for clinicians, teachers, parents and professionals working with children and adolescents with AS social skills.

**Solutions for Adults with Asperger Syndrome: Maximizing the Benefits and Minimizing the Drawbacks to Achieve Success**

Ref: 246

Juanita Lovett

£10.98

Dr. Juanita Lovett specializes in treating adults with AS and working with their families. In this book she shows those adults and their loved ones how to maximize the benefits of AS (including intense concentration, above-average intelligence, and high creativity) while minimizing the drawbacks (including lack of social skill, inability to connect emotionally with others, and propensity toward rage).

**Special educational needs: a guide for parents and carers of children with autistic spectrum disorders**

Ref: 158

Carolyn Waterhouse and the NAS Advocacy for Education team

£3.00

Explains the law relating to special educational needs, additional supports, who provides them and how to access them. Includes useful timescales and pointers.

- Specialist Support Approaches to Autism Spectrum Disorder Students in Mainstream Settings** Ref: 059  
Sally Hewitt £13.95  
This book is an excellent read. Aimed at teachers and LSAs working with the full age-range, it offers sensible advice and strategies to try, maintaining a realistic approach. The format of the book is reader friendly and well structured, which makes it easy to dip into.
- Stand Up for Autism – A Boy, a Dog, and a Prescription for Laughter** Ref: 295  
Georgina J. Derbyshire £8.99  
Parenting a child on the autistic spectrum can be tough at the best of times, but few books take the time to celebrate the love and laughter an autistic child can elicit in their parents and those around them. In this warm, honest and laugh-out-loud tale of bringing up Bobby, now ten, Georgina Derbyshire shares and rejoices in his 'slightly different' childhood. This book is a must for anybody involved in the upbringing of an autistic child, whether they are in search of a little comfort, companionship, light relief - or all three.
- Succeeding in College with Asperger Syndrome - A student guide** Ref: 041  
John Harpur, Maria Lawlor and Michael Fitzgerald £13.95  
Higher education is a great opportunity for many young people with Asperger syndrome to develop their special interests. This practical guide helps students prepare for the expectations and pressures.
- Succeeding with Interventions for Asperger Syndrome Adolescents - A Guide to Communication and Socialisation in Interaction Therapy** Ref: 123  
John Harpur, Maria Lawlor and Michael Fitzgerald £17.99  
A guide to communication and socialisation in interaction therapy  
A very practical resource for anyone trying to design and deliver social skills training to young people with Asperger syndrome.
- Sulky, Rowdy, Rude? Why kids really act out and what to do about it** Ref: 425  
Bo Hejlskov Elven and Tina Wiman £9.99  
Children will naturally exhibit a range of negative and positive behaviour, which can often be very challenging for parents. With a basis in child psychology, the authors provide strategies for managing emotions and facilitating positive relationships and healthy behaviours in the family.
- Support for the bereaved and dying in services for adults with autistic spectrum disorders** Ref: 305  
Helen Green Allison £5.00  
Bereavement and dying are difficult for everyone but especially for those with autism and Asperger syndrome. This is a much needed book for anyone who works with adults with autism spectrum disorders, as well parents, family and friends. Helen approaches the subject with sensitivity, looking carefully at all the issues which need to be addressed, including grieving, different religious attitudes and making a Will. Helen is a founder member of The National Autistic Society and mother of Joe, now an adult, who has autism.
- Supporting children with an autistic spectrum disorder: a practical guide for schools** Ref: 042  
Hull City Council £8.99  
The message of this helpful book is that children who learn together learn to live together. It offers advice for classroom support, with an overview of the curriculum and guidance on IEPs.
- Supporting Pupils with ASD – a guide for school support staff** Ref: 193  
Lynn Plimley and Maggie Bowen £14.99  
Specifically designed to provide information and professional guidance for people working in educational support roles, this book focuses on the work carried out by Teaching Assistants in mainstream primary and secondary schools. The book will give them the tools and awareness to work confidently with pupils from across the autistic spectrum, whilst validating their position within a staff team.
- Supporting students with Asperger syndrome in higher education** Ref: 265  
Rachel Pike £1.50  
Many people with Asperger syndrome do very well in higher education because they are able to pursue their special interests. This guide offers help to their lecturers, tutors and other higher education staff.
- Taking Care of Myself - A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism** Ref: 038  
Mary Wrobel £15.95  
Bath time, doctor's visits, shaving, nose blowing - a unique combination of Social Stories and activities to help with many difficult areas.
- Talking Teenagers: Information and Inspiration for Parents of Teenagers with Autism or Asperger's Syndrome** Ref: 369  
Ann Boush y £13.99  
After reading this book, parents will come away with a sense of empowerment and feeling that they are not alone, while professionals will gain a valuable and compassionate insight into the world of parenting a teenager on the autism spectrum.
- Talking together about an autism diagnosis: a guide for parents and carers of children with an autism spectrum disorder** Ref: 221  
Rachel Pike £8.99  
This book offers a wealth of advice and guidance. Aimed primarily at parents and carers of younger children, it includes helpful information also for schools and for people working with adults with autism.

**Teaching young children with autistic spectrum disorders to learn – A practical guide for parents and staff in mainstream schools**

Ref: 328

Liz Hannah

£14.00

This wide-ranging, well-illustrated book offers all kinds of tried and tested strategies to help young people with autism spectrum disorders develop and learn. Designed to be a practical guide for nursery nurses, teachers and support staff in mainstream schools, as well as parents, the guide focuses on both learning and play and includes helpful guidance on numeracy and literacy.

**Ten Things Every Child with Autism Wishes You Knew**

Ref: 253

Ellen Notbohm

£7.29

This book clearly explains how and why the child reacts in certain ways and situations. Ideal for anyone dealing with a child with Autism; parents, carers, teaching assistants, etc to give a brilliant insight into the child's mind.

**Ten Things Every Child with Autism Wishes You Knew (updated and expanded version 2012)**

Ref: 441

Ellen Notbohm

£14.95

Every parent, teacher, social worker, therapist, and physician should have this succinct and informative book in their back pocket. Framed with both humour and compassion, the book describes ten characteristics that help illuminate—not define—children with autism.

**The 1st Comic Book: Helping people with Asperger's Syndrome and their loved ones communicate: by the girl with the curly hair**

Ref: 384

Alis Rowe

£10.99

Professor Tony Attwood says, "I laughed many times as I read the thought bubbles, knowing how succinctly you describe the thoughts and feelings of someone who has Asperger's Syndrome." There are lots of Neurotypical people in the world, and fewer people with Asperger's Syndrome. This means sometimes it can be very hard for them to understand one another. This engaging picture book presents simple, insightful, communicative comic strips of everyday situations between the person with Asperger's Syndrome (AS) and the Neurotypical (NT) person in their overlapping worlds. The Girl with the Curly Hair writes for anyone who wants to understand a different mind. Key features: presenting a difficult and complicated subject in an easy to read, engaging comic style format, a very visual book, which can be "left lying around", illustrating normal everyday situations which everybody can relate to, a good starting point for discussions starting discussions about why people with Asperger's Syndrome may behave the way we do, a must read for adults on the autistic spectrum and their neurotypical family and friends \*Please note this book is intended for adults not children.

**The 2nd Comic Book: Helping people with Asperger's Syndrome and their loved ones communicate: by the girl with the curly hair**

Ref: 385

Alis Rowe

£13.51

This is the second book in the popular 'Comic Book' series from The Girl with the Curly Hair. The 2nd Comic Book contains more fun, enlightening, insightful scenarios that may occur between people with Asperger's Syndrome and their neurotypical family and friends. This is an engaging picture book, showing how two different people may view the same situation. The Girl with the Curly Hair writes for anyone who wants to understand a different mind.

**The 3rd Comic Book: For Teenagers with Asperger's Syndrome and ASD: by the girl with the curly hair**

Ref: 386

Alis Rowe

£13.51

Everyday scenarios for teenagers and young adults with Asperger's Syndrome - and related autism spectrum disorders - parents and teachers. The third instalment of the popular 'The Girl with the Curly Hair' 'Comic Book' series is most relevant to teenagers and young adults on the autism spectrum, their parents and, of course, their teachers. This engaging picture book presents simple, insightful communicative comic strips of everyday situations between the AS and the NT in their overlapping worlds. The Girl with the Curly Hair writes for anyone who wants to understand a different mind.

**The 4th Comic Book: For AS/NT Couples: by the girl with the curly hair**

Ref: 387

Alis Rowe

£14.15

The fourth in the series, this book is aimed at couples in which one partner is on the autistic spectrum. This book beautifully depicts the motivations and desires of the autistic and the non-autistic ('neurotypical') partner, who, despite being different, end up finding each other and falling in love! This is a highly accessible, visual book for adults in romantic relationships, as well as counselors and other professionals.

**The Asperger Social Guide**

Ref: 192

Genevieve Edmonds and Dean Worton

£15.99

How to Relate to Anyone in any Social Situation as an Adult with Asperger's Syndrome. This book is a self-help manual written by two AS adults who offer others the benefits of their experiences. It is suitable for private study by AS individuals and can also be used in FE and higher education establishments for support and personal development courses.

**The Asperger's Answer Book**

Ref: 285

Susan Ashley

£7.99

In a time when parents are overwhelmed with confusing - and often conflicting - information, "The Asperger's Answer Book" provides them with clear and confident counsel. It is written by an experienced child psychologist.

**The Autism Spectrum and Depression**

Ref: 343

Nick Dubin

£13.99

In the first book on depression written for adults on the autism spectrum, Nick Dubin offers accessible and sensitive advice on how individuals can manage their emotions, exploring what can lead to them feeling down, how this can escalate, and how to take positive steps towards recovery.

## **The Autism Spectrum and Further Education A Guide to Good Practice**

Ref: 316

Christine Breakey

£19.99

This guide for professionals working with students with autism spectrum conditions (ASCs) in further education meets the increasing demand for information and support on this subject. Christine Breakey provides useful guidelines and practical advice on teaching young adults successfully and confidently, emphasising the development of resources and practical skills for use specifically in FE colleges. The author covers all the key areas and offers strategies and solutions for communicating effectively, helping students to manage transition, and understanding and minimising the causes of ASC behaviours as well as teaching social skills and ASC self-awareness.

## **The Autistic Brain**

Ref: 372

Temple Grandin

£9.99

Grandin not only discusses her own experiences with autism but also explains the latest technological advances in the study of the disorder, including the genetics of autism. The symptoms that she displayed at a young age—destructive behavior, inability to speak, sensitivity to physical contact, fixation on spinning objects—are now considered classic indicators of the disorder, though she was diagnosed as having brain damage. Things have changed since then, of course. She discusses when autism was first diagnosed (in 1943), but she makes clear from the start that her priority here is to encourage an accurate diagnosis for the disorder and promote improved treatments for sensory problems associated with autism, since difficulty in the latter can often be debilitating. She discusses different ways of thinking and even includes lists of potential jobs for those people among us who think differently.

## **The Everything Parent's Guide to Children with OCD**

Ref: 283

Stephen Martin and Victoria Costello

£19.98

This helpful guide offers parents information on how to: recognize symptoms; get an accurate diagnosis; find the right doctor and therapist; work with their children to cope at home; develop strategies for tackling schoolwork; and, decide on the right treatment. This authoritative handbook helps parents talk to their children about OCD and devise coping strategies for every aspect of their lives - so they can enjoy their youth - without all the worry!

## **The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children**

Ref: 371

Ross W Greene

£8.79

Screaming, swearing, crying, hitting, kicking, spitting, biting...these are some of the challenging behaviors we see in kids who are having difficulty meeting our expectations. These behaviors often leave parents feeling frustrated, angry, overwhelmed, and desperate for answers. In this fully revised and updated book, Dr. Ross Greene helps you understand why and when your child does these things and how to respond in ways that are nonpunitive, nonadversarial, humane, and effective.

## **The Girl with the Curly Hair: Asperger's and Me**

Ref: 381

Alis Rowe

£15.99

The hardest thing about having Asperger's Syndrome is that it can seem like an invisible condition. Females in particular, can be expert at masking their symptoms. Tomorrow I will get up and leave the house, go into work and get on with things, my challenges totally oblivious to the people around me. The next day will be the same. And the day after. I hope this book will build the bridge between people with Asperger's Syndrome and the rest of the world. Most people with Asperger's Syndrome are able and willing to work and live a "normal" life, with the right support and adjustment. The main problem is that most people are just unaware of how they can help. So, let us begin our journey into the wearing but wonderful world that is Asperger's Syndrome.

## **The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!**

Ref: 433

Davida Hartman

£10.99

This growing up guide for boys is full of facts, tips and colour illustrations explaining puberty, body image, hygiene, friendship, crushes and more! Written in literal language and addressing sensory issues, safety, and social skills throughout, it offers an ideal introduction to the teenage years for boys with autism aged 9 to 14.

## **The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum**

Ref: 348

Robyn Steward

£13.99

This honest and personal account is filled with practical tips and strategies for living a safe and independent life as a young woman on the autistic spectrum. It covers common areas of difficulty such as friendships, relationships and sex, alcohol and drugs, money and employment, and staying safe out and about, at home and online.

## **The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband**

Ref: 415

David Finch

£11.48

The warm and hilarious bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage. At some point in nearly every marriage, a wife finds herself asking, What the @#!% is wrong with my husband?! In David Finch's case, this turns out to be an apt question. Five years after he married Kristen, the love of his life, they learn that he has Asperger syndrome. The diagnosis explains David's ever-growing list of quirks and compulsions, but it doesn't make him any easier to live with.

## **The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses**

Ref: 401

Lauren Brukner

£12.99

From breathing exercises and pressure holds to noise-reducing headphones and gum, this illustrated book is packed with simple strategies and tools to help children with emotional and sensory regulation difficulties aged approximately 7 to 14 years to stay cool, calm and in control.

## **The London Eye Mystery**

Ref: 222

Siobhan Dowd

£5.99

A good read for children of all ages but especially those aged 7-12 who want to know more about autism or who enjoy a good read.

**The Love-Shy Survival Guide**

Ref: 242

Talmer Shockley

£14.99

Refreshingly honest and insightful, The Love-Shy Survival Guide provides essential advice for love-shy people wanting to overcome their anxiety and form successful romantic relationships.

**The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults**

Ref: 440

Temple Grandin and Debra Moore

£15.50

Parents, teachers, therapists, and anyone who cares about a child or teen on the autism spectrum need this essential roadmap to prepare our youth for being successful adults in today's world. Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out what steps you can take to restore your child's hope and motivation, and what you must avoid. Eight life stories told by people on the autism spectrum, including chapters on subjects like how to get kids off their computers, how to build on their strengths and get back to caring about their lives, and how to find a path to a successful, meaningful life make this a "MUST-READ BOOK."

**The Myriad Gifts of Asperger's Syndrome**

Ref: 223

John M. Ortiz

£12.99

This is an inspiring collection of snap shots of children and adults with Asperger syndrome and their special gifts. Of particular interest are the adults with Asperger syndrome who have made successful careers in their special interest areas: Jacqui the archaeologist, Naresh the engineer, Vanna the librarian and Norman the forensic scientist.

**The other half of Asperger syndrome: a guide to living in an intimate relationship with a partner who has Asperger syndrome**

Ref: 268

Maxine Aston

£8.00

Maxine explores the relationships of adults with Asperger syndrome as a Relate counsellor, from her own personal experience and as part of her academic research. Her positive attitude and strategies for successful relationships make this an essential book for couples and counsellors.

**The Panicosaurus, Managing Anxiety in Children Including Those with Asperger Syndrome**

Ref: 351

K.I. Al-Ghani

£12.99

This illustrated book teaches children who experience anxiety about Panicosaurus and Smartosaurus and how to help Smartosaurus banish Panicosaurus when he appears at times of stress by using a range of calming techniques. There is a helpful introduction for parents and carers, and a list of techniques for lessening anxiety at the end of the book.

**The Passionate Mind: How People with Autism Learn**

Ref: 394

Wendy Lawson

£15.99

Lawson lays out her theory of Single Attention and Associated Cognition in Autism. Whereas neurotypical people easily shift their attention from one interest to another, those on the autism spectrum tend to focus on a single theme. When this learning style is understood individuals on the autism spectrum can achieve their full potential.

**The Pocket Occupational Therapist for Families of Children With Special Needs**

Ref: 354

Cara Koscinski

£12.99

An accessible overview of occupational therapy explaining all the issues an occupational therapist might address with a child with special needs, or in rehabilitation from illness or injury, including core muscle strength, feeding, fine motor skills, sensory sensitivities, transitions and life-skills, and interspersed with simple activities.

**The Red Beast: Controlling Anger in Children with Asperger's Syndrome**

Ref: 224

K.I. Al-Ghani

£12.99

This beautifully illustrated and child-friendly book, aimed at children aged 5-9, offers a host of strategies for anger management.

**The Rosie Project**

Ref: 370

Graeme Simsion

£7.99

International bestselling romantic comedy featuring the oddly charming, socially challenged genetics professor, Don, as he seeks true love. The art of love is never a science: Meet Don Tillman, a brilliant yet socially inept professor of genetics, who's decided it's time he found a wife. In the orderly, evidence-based manner with which Don approaches all things, he designs the Wife Project to find his perfect partner: a sixteen-page, scientifically valid survey to filter out the drinkers, the smokers, the late arrivers.

**The Wonderful World of Work, A Workbook for Asper teens**

Ref: 360

Jeanette Purkis

£15.99

Full of practical information, engaging activities, fun illustrations and inspiring personal stories, this hands-on workbook demystifies the world of work to help teens with Autism Spectrum Disorder feel confident in their ability to get a job and encourages them to think about careers that might suit their skills and interests.

**Thorn in My Pocket - Temple Grandin's Mother Tells the Family Story, A**

Ref: 071

Eustacia Cutler

£15.95

How Temple Grandin's mother held on to her daughter in the conservative 1950s, kept her in the mainstream of family, school and community and helped her succeed beyond her wildest dreams.



**Toilet Training for Individuals with Autism and Related Disorders - A Comprehensive Guide for Parents and Teachers**

Ref: 124

Maria Wheeler

£11.16

Wetting and soiling clothes results in significant amounts of time, energy and resources being devoted to an individual's personal care needs, and can also significantly interfere with social acceptance. Research shows that persons with autism are the most difficult population to toilet train, not least because many techniques used to toilet train children are not sufficient when used to teach toileting skills to persons with autism. There are, however, strategies which have been demonstrated to be effective when teaching toileting skills, and Maria Wheeler explains these in an easy-to-read and accessible way in this new book, which covers all aspects of the subject and includes over 200 toilet training tips, and more than 40 case examples with solutions.

**Top Tips for Asperger Students – How to Get the Most Out of University and College**

Ref: 291

Rosemary Martin

£9.99

Leaving home and moving to college or university can be a daunting experience. In this easy-to-use book, Rosemary Martin provides guidance and invaluable advice for students on the autism spectrum as they plan for and settle into college life. This cheerful and pragmatic guide is an absolute must for any student on the spectrum about to embark on a university or college education.

**Touch and Go Joe - An Adolescent's Experience of OCD**

Ref: 125

Joe Wells

£7.99

This book is packed with advice and coping strategies, as well as first-hand accounts of available treatments such as cognitive behavioural therapy and medication. Written in an informal and accessible style, and including his own humorous illustrations, Touch and Go Joe gives an upbeat yet realistic look at the effect of OCD on adolescent life.

This honest and amusing account will raise awareness of this all-too-common, yet frequently misdiagnosed disorder and will be of interest to anyone who has suffered from or knows someone who has suffered from OCD, including children and adolescents, teachers, psychologists, psychiatrists, mental health professionals, parents and carers.

**Transition or Transformation? – Helping young people with Autistic Spectrum Disorder set out on a hopeful road towards their adult lives**

Ref: 297

John Clements, Julia Hardy and Stephanie Lord

£17.99

Young people with Autism Spectrum Disorders (ASDs) can often find the step into adulthood and independence more difficult than their neurotypical peers, particularly where employment is concerned. The authors show, however, that with the right guidance and a positive attitude in schools, young people with ASDs can be every bit as happy and successful as those who are not on the spectrum. This inspiring and innovative book will be a must for educators at every level, psychologists, academics, and anybody else interested in a positive educational approach that will enable young people with ASDs to get the most out of life.

**Trevor Trevor: a metaphor for children**

Ref: 183

Diane Twachtman-Cullen

£9.95

This book tells the story of a young boy whose characteristics and problems in social relationships suggest a form of autism or other type of pervasive developmental disorder. It uses the form of metaphor to tell the story and is designed to be read to children by adults. It encourages young children to see things from a different perspective so that they may become more sensitive to the important roles which they play in the lives of their classmates with differences..

**Troubleshooting Relationships on the Autism Spectrum: A User's Guide to Resolving Relationship Problems**

Ref: 418

Ashley Stanford

£13.99

Don't you wish relationships came with a manual? Ashley Stanford has written a user's guide to relationships that adopts a practical troubleshooting approach to resolving difficulties that will greatly appeal to the logical minds of individuals on the autism spectrum, as well as offering valuable guidance to their partners. Troubleshooting identifies problems and makes them fixable. This book presents a three-step troubleshooting process that can defuse even the trickiest relationship dilemma. Specific problem areas are covered in detail including communication, executive functioning, mindblindness, attachment, intimacy, co-habiting, and raising a family. The book offers straightforward solution-focused strategies and additional help is given in the form of bulleted lists, summaries, scripts, and example scenarios.

**Understanding ADHD**

Ref: 077

Dr Christopher Green and Dr Kit Chee

£0.00

Definitive guide to Attention Deficit Hyperactivity Disorder for parents, teachers and health professionals. In his typically friendly and direct style, Dr Christopher Green explains the causes and effects of ADHD and provides well-trying, practical strategies to help cope with common problems such as inattention, impulsiveness and underachievement. He demystifies the condition and offers the latest information on the Ritalin debate.

**Understanding ADHD, Autism, Dyslexia and Dyspraxia**

Ref: 061

Colin Terrell and Terri Passenger

£3.50

A very good introduction to the four commonest developmental disorders of childhood, with useful advice for helping affected children.

**Understanding Autism for Dummies**

Ref: 185

Linda G. Rastelli and Stephen Shore

£13.99

This American book provides a friendly, accessible guidance for parents and caregivers of individuals with autism. It provides help and hope by explaining the differences between various types of autism and delivering the lowdown on the latest physical, speech, and nutritional therapies. It offers practical advice on how to educate autistic children as well as insights on how to cope with autistic fixations and behavior problems.

**Understanding Autism Spectrum Disorders - Frequently Asked Questions**

Ref: 126

Diane Yapko

£10.36

Readers seeking information about autism spectrum disorders often find it very difficult to find straightforward answers to their questions. In response to this, Diane Yapko has produced this practical resource in an easy to read question and answer format so readers can go directly to the questions that interest them. There is no need to sift through complex scientific literature or confusing professional jargon and readers can refer back to the text again and again as their needs dictate. Understanding Autism Spectrum Disorders will prove an essential reference for parents, teachers and professionals working with individuals on the autism spectrum.

**Understanding behaviour**

Ref: 086

Fiona May

£6.00

The behaviour of people with ASD may at times be puzzling to parents and carers. This book offers an insight into practical approaches and strategies which can be applied in day-to-day situations or where anxiety may cause concern and even alarm. Full of helpful case studies.

**Understanding Children's Development in the Early Years: Questions practitioners frequently ask**

Ref: 428

Christine Macintyre

£23.99

This highly practical edition is full of case studies and helpful advice on how to enhance our understanding of very young children. Through working with many practitioners in different settings, Christine Macintyre offers down-to-earth strategies to enhance the learning of children in their care

**Understanding How Asperger Children and Adolescents Think and Learn - Creating Manageable Environments for AS Students**

Ref: 127

Paula Jacobsen

£11.16

The author provides a compelling inside view of how AS pupils perceive and understand what goes on in the classroom, and how they, in turn, are perceived by fellow pupils and teachers. She adopts a pragmatic approach to improving communications in the classroom and offers practical intervention strategies to increase mutual understanding and create a rewarding and supportive learning environment. The book also includes many examples of behaviour commonly observed in AS children, and illuminating accounts of specific children's experiences, which help to understand the learning process and avoid misunderstandings.

**Understanding Pathological Demand Avoidance Syndrome in Children, A Guide for Parents, Teachers and Other Professionals**

Ref: 359

Phil Christie, Margaret Duncan, Ruth Fidler and Zara Healy

£12.99

Written by professionals and parents, this book answers the key questions about PDA and uses case examples throughout to show the impact of the condition on different areas of the child's life. The early intervention options and workable strategies for managing PDA positively will make day-to-day life easier for the child, their family and peers.

**Understanding Sam: (and Asperger's Syndrome)**

Ref: 252

Clarabelle van Niekerk

£9.19

This title is suitable for children of ages 4 to 8 years. Answering the question why is Sam different, this heartwarming story tells of the challenges of living with Asperger Syndrome, a form of autism. With endearing illustrations, the book includes 10 helpful tips geared toward children, showing them how to respect and accept differences as well as to interact with a classmate or friend with Asperger Syndrome.

**Understanding the Nature of Autism and Asperger's Disorder: Forty Years of Clinical Practice and Pioneering Research**

Ref: 313

Edward R. Ritvo

£13.99

Edward R. Ritvo MD is an internationally recognized medical expert, researcher and pioneer in the field of autism and Asperger's disorder, and co-author of the official diagnostic criteria in the DSM ("Diagnostic and Statistical Manual of Mental Disorders"). Much of what is known about these disorders today is based on his painstaking research and groundbreaking discoveries. In this book, he shares his forty years' experience and opens his extensive UCLA casebook to the reader. "Understanding the Nature of Autism and Asperger's Disorder" is 'a consultation with Prof. Ritvo' - a thoroughly accessible introduction for professionals, families, spouses and individuals with autism and Asperger's Disorder.

**Unemployed on the Autism Spectrum: How to Cope Productively with the Effects of Unemployment and Jobhunt with Confidence**

Ref: 409

Michael John Carley

£12.99

Addressing the high rate of unemployment among people with Autism Spectrum Disorder (ASD), this vital guide offers advice on how you can overcome negative emotions, maintain your confidence and process unemployment in an emotionally healthy way.

**Uniquely Human: A Different Way of Seeing Autism (Human Horizons)**

Ref: 429

Barry M. Prizant

£20.00

Dr. Barry M. Prizant, an internationally renowned autism expert, offers a new and compelling paradigm: the most successful approaches to autism don't aim at fixing a person by eliminating symptoms, but rather seeking to understand the individual's experience and what underlies the behavior. In "Uniquely Human," Dr. Prizant suggests a major shift in understanding autism: Instead of classifying "autistic" behaviors as signs of pathology, he sees them as part of a range of strategies to cope with a world that feels chaotic and overwhelming.

**User Guide to the GF/CF Diet for Autism, Asperger Syndrome and AD/HD, A**

Ref: 021

Luke Jackson

£13.99

What is the gluten free/casein free diet? Does it work? What's it like to go on it? Luke is 12 years old and has Asperger syndrome. He tried the diet and here he tells you everything you need to know about it - both good and bad. His mother also adds advice on suppliers, recipes, packed lunches and weekly food diaries.

## **Voices from the Spectrum - Parents, Grandparents, Siblings, People with Autism, and Professionals Share Their Wisdom**

Ref: 128

Edited by Cindy N. Ariel and Robert A. Naseef

£10.39

The broad scope of this book presents insights into the autism spectrum from many different perspectives – from first-hand accounts of the autistic child's school and childhood experiences to parents' and grandparents' reactions to a diagnosis. A number of chapters written by professionals explain their motivations for working with autistic people and reveal what they have learned from their work and how it has affected their lives. The contributors describe experiences of autism from the mildest to the most severe case, and share their methods of adapting to life on the spectrum.

## **What Did You Say? What Do You Mean? - An Illustrated Guide to Understanding Metaphors**

Ref: 047

Jude Welton

£12.95

People with ASD often have problems with expressions such as chip on the shoulder or raining cats and dogs. This amusing book aims to help with explanations and witty drawings of 100 of the commonest metaphors and would make a good present.

## **What is Asperger Syndrome and how will it affect me?**

Ref: 087

Autism Helpline

£1.50

Aimed at 8-13 year olds, this excellent booklet explains Asperger syndrome in simple jargon-free language for children with Asperger syndrome. It also offers helpful contacts and strategies for making life more comfortable.

## **What Is It Like to Be Me? A Book About a Boy with Asperger's Syndrome**

Ref: 402

Alenka Klemenc

£12.99

This charmingly illustrated book follows Greg, a young boy with Asperger's syndrome (AS), as he tells us all about the world as he sees and experiences it, from his love of batteries to the challenges he faces at school. With comprehensive sections for parents and professionals, the book helps increase awareness and understanding of AS.

## **What You Can Do Right Now to Help Your Child with Autism**

Ref: 225

Jonathan Levy

£7.99

Ten things that parents can do to help their child with autism, from not reacting, to joining with the 'stims', and dealing differently to crying. Jonathan has worked with hundreds of children with autism.

## **What's Happening to Ellie? A book about puberty for girls and young women with autism and related conditions**

Ref: 434

Kate E. Reynolds

£8.99

This simple picture book follows Ellie as she begins puberty. Designed to be read with girls with autism or other special needs, it provides the perfect starting point for parents and carers to discuss changes including new hair growth and menstruation.

## **What's so special about autism?**

Ref: 147

Lorna Wing

£3.00

Lorna Wing discusses the characteristics of autism and how these affect the services that people with an autistic spectrum disorder (ASD) need. She highlights how ASDs are different from other types of disability.

## **When Babies Read - A Practical Guide to Helping Young Children with Hyperlexia, Asperger Syndrome and High-Functioning Autism**

Ref: 129

Audra Jensen

£10.39

With practical suggestions on how to modify teaching and therapy programmes to suit a child's individual learning style, this practical guide will prove invaluable for parents of children with autism and hyperlexia.

## **When Fraser Met Billy: How The Love Of A Cat Transformed My Little Boy's Life**

Ref: 427

Louise Booth

£14.99

Billy the cat was rescued from an abandoned house. Fraser was a two-year-old autistic child with a multitude of problems when he first met Billy at the cat protection shelter. Billy purred, laid his paws across Fraser and they have been inseparable ever since. Slowly but surely Billy has transformed Fraser's life.

## **When my autism gets too big: a relaxation book for children with autism spectrum disorders**

Ref: 043

Kari Dunn Buron

£8.99

This child-friendly book offers a host of strategies to help children with ASD to help themselves: how to stay calm and avoid anxiety. Illustrated with delightful full-colour pictures.

## **When my worries get too big: a relaxation book for children who worry a lot**

Ref: 273

Kari Dunn Buron

£8.99

More than anything, 'losing control' can cause major problems for children. Aimed at children aged 5-9, this book gives them an opportunity to explore with parents or teachers their own feelings as they react to events in their daily lives while learning some useful relaxation techniques.

## **Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules**

Ref: 226

Laurie Leventhal-Belfer

£6.99

This is a child-friendly book with child-friendly illustrations with colouring-in opportunities. Laurie looks at everyday situations that provide challenges for children at home, with their friends and at school. She empathizes with children's wish to do things their way, explains clearly why their way does not work and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is a helpful book for children who find it hard to cope with the expectations of daily living, as well as for their parents and the professionals who work with them.

**Why does Chris do that?**

Tony Attwood

Ref: 002

£6.00

"One of the most useful books about autism I've ever read."

Tania Chambers, carer of a young adult with Asperger syndrome.

Tony Attwood offers a better understanding of the unique difficulties associated with autism and Asperger syndrome. This is a really practical book, brim full of useful advice.

**Wild Ride up the Cupboards, A**

Ann Bauer

Ref: 184

£6.39

Edward is nearly four when he begins his slow, painful withdrawal from the world. For those who love him - his father, Jack, and mother, Rachel, pregnant with her third child - the transformation of their happy, intelligent firstborn into a sleepless feral stranger is a devastating blow. As Rachel delves into family history in search of answers, flashbacks from the past afford insight into the coping mechanisms of different families and marriages. Ann Bauer's spellbinding fiction debut is a brilliantly nuanced portrait of a marriage - and a family - under siege.

**Wishing On the Midnight Star - My Asperger Brother**

Nancy Ogaz

Ref: 130

£7.16

Wishing on the Midnight Star presents the sibling's view of the joys and frustrations of having a younger brother with Asperger Syndrome, with insights into the daily adventures of an AS family, and the positive coping, and loving strategies they have evolved. It is an engaging and amusing teen love story that will appeal to older and younger kids.

**Women and Girls with Autism Spectrum Disorder:  
Understanding Life Experiences from Early Childhood to Old Age**

Sarah Hendrickx

Ref: 412

£14.99

Written for professionals, women on the spectrum and their families, this is a cradle to grave overview of girls and women with Autism Spectrum Disorder (ASD) at each stage of their lives. The book explores how women with ASD experience diagnosis, childhood, education, adolescence, employment, sexuality, pregnancy and motherhood, and aging.

**Words will really hurt me - how to protect your child from bullying**

Autism Helpline

Ref: 090

£1.00

Pupils with a disability can be especially vulnerable to bullies. For children or adolescents with autism or Asperger syndrome school can be particularly tough, as the nature of autism makes it hard to communicate and relate to others socially. This practical booklet looks at positive ways to prevent a child being bullied or to help reduce the bullying that they are subjected to.

**Wounded Bird of Paradise**

Mary Essinger

Ref: 131

£7.96

This is an engaging story filled with the highs and lows of real life. The author deals with the serious issue of how confusing a workplace can be for anyone with Asperger Syndrome and how daily life can be fraught with complications, but also tackles very ordinary emotions of love, loss and responsibility without losing a sharply funny edge. This book will prove an engrossing read for all, and of particular value to anyone concerned with Asperger Syndrome and settling in to work.

**You are Special Too: A Book for Brothers and Sisters of Children Diagnosed with Asperger Syndrome**

Josie Santomauro

Ref: 243

£5.99

This book offers a fun and accessible introduction for the sibling of a child diagnosed with Asperger Syndrome (AS). Also included are poems, stories, illustration and activities to help them come to terms with and move forward from a sibling's diagnosis of AS.

**DVDs****Adam**

Max Mayer

Ref: 311

£3.49

Adam is a 2009 Romantic-drama film written and directed by Max Mayer, starring Hugh Dancy and Rose Byrne. The film follows the relationship between a young man named Adam (Dancy) with Asperger syndrome and the woman of his dreams, Beth (Byrne). Mayer was inspired to write the film's script when he heard a radio interview with a man who had Asperger'

**After Thomas**

Film

Ref: 257

£10.77

The true story of Kyle Graham: a six-year-old boy suffering from severe autism.

**Asperger Syndrome and Employment, A Personal Guide to Succeeding at Work**

Nick Dubin with Gail Hawkins

Ref: 173

£17.01

People with Asperger Syndrome can find it difficult to work in an environment that involves socialization with colleagues or a lack of routine. However, this DVD shows how success in the workplace is possible with perseverance and with the right supports and strategies in place. Nick Dubin discusses his own experiences at work and highlights challenges common among employees with AS. This is a valuable source of information and inspiration for teenagers and adults with AS, as well as anyone working with someone with AS.

**Asperger Syndrome, A Different Mind**

Simon Baron-Cohen

Ref: 172

£19.99

Narrated by Simon Baron-Cohen, this DVD presents viewers with the opportunity to both see and hear about the nature of Asperger Syndrome from children and adults themselves who have AS, as well as from their family members and school teachers.

**Asperger's Syndrome, volume 2 - anger management, teaching teachers and teenage issues**

Ref: 133

Tony Attwood

£75.00

In this DVD, Tony Attwood goes into depth on three important issues; Anger management, teaching teachers, and teenage issues. Readers of his book will be aware of his thoughtful and down-to-earth approach and this DVD presents groundbreaking new approaches to significant challenges.

**Being Bullied, Strategies and Solutions for People with Asperger's Syndrome**

Ref: 174

Nick Dubin

£17.02

The DVD outlines practical strategies for parents, professionals, schools, and individuals being bullied on how to prevent bullying. It stresses the importance of peer intervention, empathetic teachers, and verbal self-defense and shows how lack of teacher support, condemning of "tale telling," or even blaming the victim reinforces bullying. This DVD offers children and young people who are being bullied a chance to see that they are not alone, and will be a valued source of advice for parents and professionals.

**Ben X**

Ref: 259

Film

£3.98

Ben, an autistic teenager, has a hard time fitting in at school and is often the victim of bullying. He copes with this by immersing himself in his favourite video game, 'Archlord'; an online universe where he is in control of his fate, not the bullies. A powerful, provocative, and visually arresting drama from first-time director Nic Balthazar.

**Black Balloon**

Ref: 260

Film

£4.48

In this Australian film from the producer of Strictly Ballroom, Thomas has a lot to contend with. Not only has the teenager just moved to a new school, but he also has to take care of his older brother Charlie who is autistic.

**Breakthrough Strategies for Autism Spectrum Disorders**

Ref: 380

Raun K. Kaufman

£0.00

Raun K. Kaufman lectures about his Son-Rise Program which treats people with autism, allowing them to improve their lives. Kaufman used the program on this son. His family's life with a son that has autism is depicted in the 1979 television film Son-Rise: A Miracle of Love.

**Inside Out**

Ref: 446

Pete Docter and Ronnie Del Carmen (Directors)

£6.99

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school.

**Making Secondary School work for young people with autism**

Ref: 287

West Berkshire Council

£0.00

The DVD is a 30 minute guide on how to help young people with autism at secondary school. It covers 5 key areas: Communication, Social Understanding, Organisation, Coping with change and Homework.

**Molly**

Ref: 258

Film

£2.98

John Duigan's film is the story of Molly (Elizabeth Shue), a functioning autistic with a learning disorder who was institutionalised when her parents died.

**Mozart and the Whale**

Ref: 261

Film

£2.98

A heartwarming romance inspired by two people with Asperger's Syndrome, whose emotional dysfunctions wreak havoc on their budding romance.

**X+Y**

Ref: 445

Morgan Matthews (Director)

£7.69

Teenage maths prodigy Nathan (Asa Butterfield), diagnosed at an early age as being on the autistic spectrum, struggles when it comes to building relationships with other people, not least with his mother, Julie (Sally Hawkins). In a world difficult to comprehend, he finds comfort in numbers. When Nathan is taken under the wing of unconventional and anarchic teacher, Mr. Humphreys (Rafe Spall), the pair forge an unusual friendship. Eventually, Nathan's talents win him a place on the UK National team at the International Mathematics Olympiad (IMO) and the team travel to a training camp in Taiwan, under the supervision of squad leader Richard (Eddie Marsan). From suburban England to bustling Taipei and back again, this original and heart-warming film tracks the funny and complex relationships that Nathan builds, as he is confronted by the irrational nature of love.

**Games****How Would You Feel If...?**

Ref: 330

£15.54

How Would You Feel If... Fun Deck has 56 entertaining cards to help students discuss and/or write about their feelings using a variety of situations. Each card has colourful illustration with a "How Would You Feel If..." question. These cards are ideal for use with individuals or groups.

**Let's Talk!**

Ref: 176

Kathy Korb-Khalsa, Stacey Azok and Estelle Leutenberg

£13.50

Lots of tried and tested ideas provide every therapist and teacher with plenty of scope to encourage group participants to talk about themselves, their feelings, their likes and dislikes. Suitable for older children and adolescents and for use with social skills groups.



**Pocket Ungame® - All Ages**

Ref: 333

£8.34

Pocket Ungame® cards are non-competitive games that encourage conversation and communication. Use as an ice-breaker or for a serious exchange of thoughts, feelings and ideas. These pocket-sized Ungames can be played at parties, in the car, at school, at home or anywhere. These cards can also be used with the board game.

**Pocket Ungame® - Kids**

Ref: 331

£8.34

Pocket Ungame® cards are non-competitive games that encourage conversation and communication. Use as an ice-breaker or for a serious exchange of thoughts, feelings and ideas. These pocket-sized Ungames can be played at parties, in the car, at school, at home or anywhere. These cards can also be used with the board game.

**Pocket Ungame® - Teens**

Ref: 332

£8.34

Pocket Ungame® cards are non-competitive games that encourage conversation and communication. Use as an ice-breaker or for a serious exchange of thoughts, feelings and ideas. These pocket-sized Ungames can be played at parties, in the car, at school, at home or anywhere. These cards can also be used with the board game.

**The Question Conversation Starter Cards**

Ref: 335

Carla Ketter and Jackie Hesse

£35.94

"If you could be someone else for a day, who would you be and why?" This question and 199 more are in this card set! Improve your children's generalising skills for storytelling, syntax, writing, listening, humour, and pragmatics with The Question. Cards contain thought-provoking questions covering many topics in the area of daily living. The Question comes with 200 conversation cards and a 23-page, mini activity booklet containing suggestions for use and rationale for game development.

**Top 5**

Ref: 177

Linda Zachman

£13.50

Every group of any age range or ability will welcome this instant indoor activity. Top 5 consists of 75 cards, each of which suggests a category for Top 5 discussion. Cue cards for discussion, communication, travelling games and all forms of school activity.

**UnGame, The**

Ref: 175

Stephanie Martin and Lyn Darnley

£17.95

This is an amazingly successful game of self-expression. Non-competitive, it can be a great ice breaker or a serious exchange of thoughts, feelings and ideas. Explores the range of human experience from light-hearted fun to tender moments. Ages: 5 to adult.

**What Did You Say? What Do You Mean? Card Game**

Ref: 334

Jude Welton

£22.26

What Did You Say? What Do You Mean? metaphor cards present 60 common sayings in a fun, illustrated format, encouraging children to understand and play with metaphorical language. Although designed with children with Asperger Syndrome in mind, the cards are useful for all children. The cards are divided into two types: What Did You Say? cards which feature the metaphor and a fun illustration of its literal meaning, and corresponding What Do You Mean? cards which show the actual meaning of the saying. The accompanying booklet contains information and ideas for games and activities. Enjoyable and educational, these cards are great for teachers or parents to use in groups or in one-to-one sessions.

**Videos****ASK ME about Asperger's Syndrome**

Ref: 134

Michael Thompson

£29.95

Professionals and parents describe the impairments that typically affect students with Asperger's Syndrome and offer practical suggestions and techniques for working with these children.

ASK ME is an acronym for Accepting, Structured, Kind & Supportive, Motivating, and Enriching - the key elements for providing an appropriate educational environment for students diagnosed with Asperger's Syndrome.

**Asperger Syndrome: a mainstream school perspective**

Ref: 075

Wirral Independent Support for Parents

£15.99

A really helpful video, with interviews with pupils with Asperger syndrome, parents and professionals to give individual perspectives on life in mainstream primary and secondary school.

**Asperger's Syndrome - a video guide for parents and professionals**

Ref: 132

Tony Attwood

£65.00

All those who know Tony Attwood's work, and his highly acclaimed book, Asperger's Syndrome: A Guide for Parents and Professionals will be aware of his extensive knowledge of the subject and his down-to-earth and positive approach. In this video he explains and discusses the diagnosis of Asperger's Syndrome and how people who have been diagnosed in this way can be supported, and their strengths developed. He covers the theory of mind of those with this challenge and, as he does, his ideas broaden our perception and understanding. The video format enables the viewer to see his ideas in action, and will be invaluable for parent support groups, training, and as a general introduction to Asperger's.

**Autism: you are not alone**

Ref: 074

Disabilities Trust

£5.99

This video offers a concise and clear introduction to autism. It explores autism in both children and adults and makes a strong case for the need for high quality schools and adult services. Presented by Jane Asher, it packs in a huge amount of helpful information in an accessible format.

**Understanding Asperger syndrome**

Ref: 072

Royal Children's Hospital

£26.00

This video offers help for parents of newly diagnosed or potentially diagnosable children, their teachers and child health professionals. It includes information on diagnosis and assessment, typical behaviour characteristics of children with Asperger syndrome, management and teaching strategies. This video comes with extensive and very accessible notes.