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Asperger's Syndrome – a reading list

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The Complete Guide to Asperger's Syndrome by Tony Attwood

Jessica Kingsley Publishers, 2006

The chapters examine: causes and indications of the syndrome; the diagnosis and its effect on the individual; theory of mind; the perception of emotions in self and others; social interaction, including friendships; long-term relationships; teasing, bullying and mental health issues; the effect of AS on language and cognitive abilities, sensory sensitivity, movement and co-ordination skills; and, career development.

The OASIS Guide to Asperger Syndrome: Completely Revised and Updated: Advice, Support, Insight, and Inspiration by Patricia Bashe and Barbara Kirby

Crown, 2005

A comprehensive guide to AS put together by the founder of the OASIS Asperger website – a great resource for parents by parents.

Social Skills Training: for Children and Adolescents with Asperger Syndrome and Social-Communications Problems by Jed Baker

Autism Asperger Publishing Co., 2003

Includes many techniques and interventions for advancing communication skills, cooperative play skills, and friendship

Asperger's: What Does It Mean to Me? By Catherine Faherty

Future Horizons, 2000

Designed for children with high-functioning autism or Asperger's Syndrome, this workbook offers an approach for the child to learn more about himself. Faherty asks the child to react to various subjects, offering alternatives for the child to select. Features a special binding to allow photocopying

Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage, and Meltdowns by Brenda Smith Myles

Autism Asperger Publishing Company, 2005

True-and-tried solutions to minimize and circumvent the often frightening circumstances that surround the rage cycle for the child with Asperger Syndrome as well as others in the environment. Focuses on the behaviors and reactions of the adults around the child going through the stages of the rage cycle and emphasizes the importance of utilizing the teachable moments before and after a rage episode.

Autism-Asperger's & Sexuality: Puberty and Beyond by Jerry and Mary Newport

Future Horizons, 2002

The authors are both diagnosed with Asperger's Syndrome and offer personal insight into the difficulties AS teens have with dating, social events, and sexuality.

Asperger Syndrome and Adolescence: helping preteens and teen get ready for the real World by Teresa Bolick

Fair Winds Press, 2001

This book is filled with information: strategies to use at school and at home, insightful personal stories, and help for parents with AS children.

The Hidden Curriculum: practical solutions for understanding unstated rules in social situation by Brenda Smith Myles

Autism Asperger Publishing Company, 2004

A wonderful book about the social rules that others seem to understand without being told but Spectrum kids don't even know exist!

The Primal Teen: what the new discoveries about the teenage brain tell us about our kids

By Barbara Strauch

Anchor, 2004

This is not a book about autism or Asperger's syndrome but it is about the teenage brain and how it grows. Very helpful for understanding the tumultuous teen years.

Ready or Not, Here Life Comes by Mel Levine

Simon & Schuster, 2005

Dr. Levine explores the transition from adolescence to young adulthood and the affliction he calls "work-life unreadiness".

Autism/Aspergers: Solving the Relationship Puzzle by Steven E. Gutstein, PhD
Future Horizons, 2000

Navigating the Social World by Jeanette McAfee, M.D.

Future Horizons Inc. 2002

Acting Antics: A Theatrical Approach to Teaching Social Understanding to Kids and Teens with Asperger Syndrome, Cindy B. Schneider

Jessica Kingsley Publishers, 2007

The Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism by Temple Grandin and Sean Barron

Future Horizons Inc., 2005

Colorful personal life stories explaining the unwritten rules and patterns of social relationships. The authors offer insights to anyone who has ever felt "outside the norm" in school, at work, or when relating to people in general.

Look Me in the Eye: My Life with Asperger's by John Elder Robison

Crown Books, 2007

Robison describes how from nursery school on he could not communicate effectively with others, something his brain is not wired to do. Failing in junior high, he was encouraged by audiovisual teachers to fix their broken equipment, and he discovered a more comfortable world of machines and circuits, of muted colors, soft light, and mechanical perfection. This led to jobs in worlds where strange behavior is seen as normal: developing intricate rocket-shooting guitars for the rock band Kiss and computerized toys for the Milton Bradley company. Finally, at age 40, while Robison was running a successful business repairing high-end cars, a therapist correctly diagnosed him as having Asperger's.