



Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life

Cynthia Kim

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Cynthia Kim explores all the quirkyness of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of being autistic. Her own life presents many rich examples. From being labelled nerdy and shy as an undiagnosed child to redefining herself when diagnosed with Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with the results of extensive research to explore the 'why' of ASD traits. She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism.

Well known in the autism community and beyond for her popular blog, *Musings of an Aspie*, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.

Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life Details

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Author : Cynthia Kim

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From Reader Review Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life for online ebook

Moon Captain says

I want to die.

julieta says

A truly enjoyable read. Kim walks you through what Asperger looks from the inside. It's very helpful for anyone who wants to understand what a person with Asperger feels, or thinks. She clears a few misunderstandings about Asperger and explains how each term related to this condition looks like.

I was looking for the point a view of a woman, because Asperger look very different in boys or men compared to women.

She explains theory of mind, empathy, all from the eyes of an insider.

I loved it.

Michelle Llewellyn says

Cynthia Kim was fortunate to find someone who "got her" to have a child and find a successful, fulfilling career so she didn't "fail at adulthood" like she keeps stressing out about in her book.

As a newly diagnosed Aspie, my whole life has been spent struggling to understand why I can't achieve those same worthwhile goals. She offers no answers, only page after page of how she learned to communicate with her husband, successfully raise her child all while trying not to go insane.

By chapter 11, I was getting tired of being inside her head. Sorry, Cynthia, but not all Aspie's think exactly the same way you do.

Winter says

This book is brilliant! It teached me a lot about myself and how to deal with things. I admire the author a lot for the way she deals with everything. I hope I can reach as far as she has.

Victoria (RedsCat) says

"There are few traits that are universal, which makes it hard to write a definitive book about life on the spectrum", Cynthia Kim. It also makes it confusing to tell people about. But books like "Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life" make it a lot easier, both to understand ourselves as Aspies and help others understand us. As I was reading, I probably highlighted something on every page. I kept telling my cat, "That is so me." I took so. many. notes.

"Nerdy" covers almost all my traits and quirks. From triggers to sensory overloads (those scented products the world loves - those are torture to me), from insomnia to routines. Executive Function - oh my word! There's a name for my decision-making and problem-solving issues! Catastrophizing to perfectionism (both debilitating). Stims and flat face and routines. Alone versus lonely. And yes, eating the same foods every day.

The topics are weighty, but Cynthia makes them inviting, even humorous (i.e. "my face keeps wandering off on its own"). And she also imparts good advice and coping suggestions. Highly recommended!

Thank you to Jessica Kingsley Publishers and NetGalley for the pleasure of reading and reviewing this book!

Shana Nichols says

My favorite read in 2014 by an author on the autism spectrum. I would recommend this book to all adults with ASD with no hesitation, and to their parents and clinicians with whom they work. Exceptionally well-written, practical, perfect blend of personal experience and general observations. This book is award-deserving. Congratulations Cynthia!

Paul says

Kind of a primer for aspies. I would have liked more stories rather than such thin vignettes of the author's behavior. It wasn't exactly Temple Grandin, whom I consider the best writer on autism. I was curious about some of her behaviors, because I have depression, OCD, and social anxiety, and rather than lash out, I withdraw. I get mad once a year, and then take someone's head off. Otherwise I am considered charming, "shy, sensitive, and retiring," according to one personality test.

There are similar parallels to aspies with what I have, except I can read faces exceptionally well, and have great empathy for the woman in our department whose dog died and threw her into a depression, and the woman whom I had met once whose ex-husband killed her new guy and tried to kill her, but she hid in the bathtub. I feel terrible for these people! However, I also would rather be by myself and find social events exhausting and alone time recharging. My wife is the same way, but she doesn't have the constellation of disorders that I have. It's great when you are married to someone who totally gets you.

Susan Dunne says

Just read a couple of chapters of this so far and I'm really impressed.

As a late diagnosed Aspie myself I find Cynthia's insights really interesting, especially on social communication - keep thinking Yeah that's me!

There's not much around on late diagnosed people, let alone adults on the spectrum so this is a great addition.

Susan

Chris says

Excellent book about the life-changing discovery that you're autistic in your 40s. (Oh, how I could relate to THAT.) Based on Cynthia Kim's blog, Musings of an Aspie, this book is packed full of everything Kim's learned since her diagnosis, backed by research and supported by stories from Kim's life.

Donna Parker says

Remember that nerdy kid in school? Maybe they were shy or maybe out there...How about socially inappropriate? Or maybe you were one of those kids. When I saw this book on Netgalley, free for the low low price of an honest review, I was honestly pleased to read it. Even before my son was officially diagnosed, officially labeled I knew there was something different (different but not less) about him. As I read this book I could picture my son someday writing one too, a kind of user guide to an Asperger life. Naturally his would be different, after all, everyone is unique.

I enjoyed this book, it was honest, personal, fun, and helpful, in a quirky kind of way. Cynthia Kim's popular blog, <http://musingsofanaspie.com/> also gives those who are diagnosed, or not, those who are labeled or not, or those who love those who are or aren't some insight and most of all, hope. Having Asperger's isn't a death sentence, it's not as though life will never be wonderful, different isn't less or bad or hopeless, different can be magnificent. Choose magnificent.

Melissa says

As a parent of a child with Asperger's I look for stories about adults with the diagnosis. This gives a wonderful first hand account of living with Asperger's (childhood and adulthood). The struggles the author has are some I can see my own child having, or already had. I am so glad I read this book and this will be one that when my child gets older I will have him read.

I was given this book in exchange for an honest review via Netgalley.

Maxine (Booklover Catlady) says

I am so excited that this book is here! I am a woman in her 40's who like the author, Cynthia Kim was diagnosed with Aspergers Syndrome at a late age. I very much related to this book, but not only that, I have studied Aspergers for years and read every single book available that is out there and this is a fantastic book that is a must have for anyone thinking they have Aspergers, knowing they have Aspergers, loving someone with Aspergers or just wanting to understand Aspergers, especially if you are a female.

The official blurb:

Cynthia Kim explores all the quirkyneess of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of

being autistic.

Her own life presents many rich examples. From being labelled nerdy and shy as an undiagnosed child to redefining herself when diagnosed with Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with extensive research to explore the 'why' of ASD traits.

She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism.

Rich with personal anecdotes and useful advice, this intelligent insider guide will be helpful to adults with ASDs and their partners and family members, friends, colleagues and professionals working with people with autism, as well as anyone exploring whether they may be on the spectrum.

My Review:

Cynthia Kim has written one of the best books I have ever read on how life is with Aspergers, not only is it intelligent writing but it's extremely readable and presented in a way that is easy to understand and digest. Some memoir style books of this type seem more like the writer is lost in their own world and there is no sense of connection to the words, the book or the message. This is different, it's really good.

One of the "go-to" books for women with Aspergers is Rudy Simone's popular book *Aspergirls* which is also an excellent book, part memoir, part educational. I think Cynthia's book should be right up there at the top of the pile also.

As a woman with Aspergers and a book reviewer I am always interested to read about other people with Aspergers personal experiences, especially other women. I related so much to Cynthia's life and journey, there is so much to learn from this book as she talks about all the things that those with Aspergers live with on a daily basis including but not limited to:

Executive functioning issues, sensory issues, meltdowns and shutdowns, marriage and relationships, parenting issues, social anxiety and friendships, special and obsessive interests, schooling, learning, and most importantly and what I just LOVED was her list of **STRENGTHS** that those with Aspergers have.

This is a very positive book overall and I can't recommend it enough if you need to educate yourself on AS or if you are a fellow Aspergian like Cynthia.

The writing is fluid and the book is broken into topics, I liked the way personal anecdotes and experiences were woven in with facts, and I have to say Cynthia has done her research, everything presented in here is solid and sound information.

Cynthia shares everything from her feelings around diagnosis to seeing how her new "labels" sat with her, which ones she accepted and which ones she didn't. With clear examples of HOW Aspergers plays out in different situations, the neurotypical (non-autistic) reader can gain precious insight into what is going on for someone with Aspergers in everyday situations that may be second nature to them.

Diagnostic rates of Autism are on the rise world wide, with massive amounts of diagnostics happening in later life (middle age) of women who flew under the radar as children and adolescents as initially Aspergers

was only thought to be present in boys/males. Possibly because early studies were only done on boys, not girls. This book could not be more timely.

I related and nodded my head and understood so much of this book, I think it's a wonderful read. I am certainly going to be promoting this book in the many Facebook groups I run for adults with Aspergers and those who parent children with Aspergers too.

As Cynthia shares her life, her thoughts, her experiences (good and bad), she makes sure the book is well balanced with facts and information, the blend is perfect. Absolutely perfect.

Five stars. I highly recommend this book!

I received a copy of this book thanks to the publisher, Jessica Kingsley Publishing in exchange for an honest review.

*For more of my book reviews, plenty of awesome books to win, and author Q&A events come to:
<https://www.facebook.com/BookloverCat...>*

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C.G. Drews says

THIS is the book you need read if you want to learn about living with Autism/Aspergers. THIS ONE RIGHT HERE. IGNORE THE REST. Ha, ha, I'm kidding. But ignore Asperger's and Girls because it's horrendous and inaccurate and read THIS because this is *by* a woman with Aspergers. Also she's a blogger at Musings of an Aspie. And I'd read a lot of her blog prior to reading the book, so I kept doing double takes and deja vu moments with "WAIT HAVEN'T I READ THIS BEFORE?" But it didn't matter because there's *tons* of fresh content in here too and it's all linear and flows and just so well written. YAY FOR BLOGGERS WHO WRITE BOOKS.

It also really delves into the psychological side of autism. Cynthia Kim talks about her childhood, living undiagnosed, and just lists symptoms but also just attitudes and tells and thought-processes. **It is so clear and interesting and well written.** I got a little lost at the end because it gets *really* psychological but it was so interesting I couldn't get enough. It's quite funny at times and very brutally honest. It talks about how Autism is an invisible disability at times, especially for girls, but how "passing as neurotypical" *can* be exhausting and damaging. She was in her 40s before she got diagnosed. She is not a savant. She does more mental stimulating than physical. She's married and has a kid (she talks about what it's like to be married to an Aspie and make it work, and also things Aspie parents should take into consideration while trying to raise their kids). **And it's a really open, detailed book with lists and boxes and mini-chapters and just so easy and wonderful to read.** JUST SO GOOD, OKAY!?

Winter Sophia Rose says

Insightful, Honest & Intense! An Incredible Read! I Loved It!

Annie says

Loved it, possibly because I see so much of myself in the situations and feelings she described. I think you get a really good look at what it's like to be an adult on the spectrum, especially if you're not of the "savant" variety.
