



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

Liane Holliday Willey

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Life with Asperger Syndrome can be a challenge at the best of times, and trials and tribulations that neurotypicals take in their stride can leave Aspies perplexed and unsure of how to solve problems and keep themselves safe, both physically and emotionally.

Liane Holliday Willey explores the daily pitfalls that females with AS may face, and suggests practical and helpful ways of overcoming them. The focus throughout is on keeping safe, and this extends to travel, social awareness, and general life management. With deeply personal accounts from the author's own experiences, this book doesn't shy away from difficult issues such as coping with bullying, self-harm, depression, and eating disorders. The positive and encouraging advice gives those with AS the guidance to safeguard themselves from emotional and physical harm, and live happy and independent lives.

This book will be essential reading for all females with Asperger Syndrome, their friends and families, and all professionals whose work brings them into contact with females with AS.

Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life Details

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From Reader Review Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life for online ebook

Susanna says

The title of this book is misleading. Really, it describes various situations that females with ASD may experience — highlighted by the author's own examples — and then it offers coping strategies for each category of challenge. A useful reference.

It also includes a handy introduction by Tony Attwood about girls on the spectrum and a list at the end of possible female ASD traits.

Nicola Paszkowski says

This book is my go-to for all people who wish to understand Asperger women. Whilst the autism spectrum is most certainly a vast one, this enables people to narrow down their research to one gender. Asperger Syndrome is a very complex strand of autism, but by writing about her own experiences, Liane does a fantastic job of providing an insight into what it's like to be an autistic woman. A must-read for all Asperger's women out there - and indeed for everyone in my opinion!

Ami says

What an eye opener! Every Aspie woman should have a copy on her shelf or within easy reach! Five stars!

Linda Degise-kotowski says

Liane Holliday Willey has given readers practical advice in "Safety Skills for Asperger Women" How to See a Perfectly Good Female Life". The advice goes beyond how to prevent oneself from being taken advantage of. She gives advice and ideas on how women who struggle with asperger's can feel more comfortable in social situations.

Ms. Holliday Willey was diagnosed with asbergers at these of 35 and has overcome so many obstacles in her life. She's a success story and a positive role model.

I strongly suggest this book to any woman who has struggles with asperges's. And to parents of daughters with asperges's.

D. says

I was hoping for more practical advice regarding the most dangerous aspect of an autistic woman's life - other people. I don't know if it is practical or fair of me to expect advice in that regard from another autistic woman. I do think the book would be useful for young women just venturing out in the world, as they aren't

jaded, bitter, old lemons like me. :p

Carrie Couzens says

Excellent and informative. It brought up a lot of memories and helped to understand past occurrences better.

Renate Eveline says

Ok as a self-help book of the "look what I've found out" variety. Sometimes a bit too obvious and repetitive, but useful as a whole.

Laura Cushing says

A fairly useful book that covers a variety of health and safety issues that a woman with aspergers might face. The parts on spiritualism were a bit too out there for my taste, but everyone's different.

There are some very useful recipes for making your own hygienic products that contain natural ingredients for those of us with chemical sensitivities.

Vanessa says

It felt like I was reading about myself. But I couldn't relate to the whole nature (insects! yuck!) and spiritual thing.

Kelly says

2.5 stars. Long story of how I ended up reading this book, as I am not the target audience (women who have Asperger's-related safety issues), but it was an intriguing read. Reminded me of a few of my former students and their frustrations and confusion navigating the neurotypical world. A couple of her suggestions felt overblown and paranoid to me, e.g., staying on the phone with hotel staff as you check under beds and in closets each time you get a new hotel room; not wearing your hair in a ponytail or braid while traveling because it's easier to grab. The final chapter on spirit was also a bit lackluster. Apart from that, an interesting installation in the literature about life on the spectrum. I thought her metaphors were generally well-developed and helpful for explaining how Asperger's really feels.

Also, I loved how unapologetic she was about emphasizing that the dominant culture is not necessarily better; it's just something that a person with Asperger's should be prepared to navigate. As a corollary, just because something violates currently accepted social norms doesn't mean it's inherently wrong. My favorite passage from the book, hands down:

"I'm not sure why, but apparently [neurotypicals] are prone to think the following topics are not meant for casual discussion:

- * political viewpoints*
- * personal fears and insecurities*
- * past interpersonal relationships*
- * religion*
- * personal finances*

"Some even believe these topics should never be raised at functions of any kind. Too bad for me, because some of my most favorite obsessive interests are in the list, but I'm learning (after decades of offending people without meaning to) that I should avoid these topics unless someone brings them up and seems wholeheartedly interested in an open debate. But even then, I've made some past faux pas by not knowing when to end the debate and close the discussion. It's clearly up to you to discuss whatever you like, but be warned these subjects stir up something in [neurotypical] people I can't figure out."

Jacqui says

this came across to me as common sense BUT would have been VERY useful when I was more naive about manipulative people and my inability at the time to realise that not everyone up front and black and white like me. But since I've already learned the hard way with many situations illustrated in this book, for me personally it was nothing new.

Heather says

The title is incredibly misleading. I thought this book would be full of useful information, but it was more like a memoir. A memoir of things that happened to the author because she has Asperger's and how to recognize if you're the same way. She acknowledges that we're all different, but then goes into detail only on what she's experienced. The focused travel tips were pretty much the only new and useful information I got from the book.
