



M is for Autism

The Students of Limpsfield Grange School , Vicky Martin , Robert Pritchett (Foreword)

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M. That's what I'd like you to call me please. I'll tell you why later.

Welcome to M's world. It's tipsy-turvy, sweet and sour, and the beast of anxiety lurks outside classrooms ready to pounce. M just wants to be like other teenagers her age who always know what to say and what to do. So why does it feel like she lives on a different plane of existence to everyone else?

Written by the students of Limpsfield Grange, a school for girls with Autism Spectrum Disorder with communication and interaction difficulties, M is for Autism draws on real life experiences to create a heartfelt and humorous novel that captures the highs and lows of being different in a world of normal.

M is for Autism Details

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From Reader Review **M is for Autism** for online ebook

Lily says

Historically, autistic girls and woman have been a misunderstood and rarely explored minority. Fortunately, recent years have seen increasing acknowledgement that there are many autistic girls and women (often underdiagnosed and unrecognised) and that autistic traits in these individuals often vary quite dramatically when compared to their male counterparts. 'M is for Autism' provides a much needed and important glimpse into what it means to be part of this underrepresented group.

This book was written in conjunction with the students of Limpsfield Grange, a specialised boarding school for autistic girls in the UK, which ensures the story provides an authentic perspective of life on the spectrum for many young women. It is genuinely fantastic that these young girls are being given the opportunity to share their experiences and use their voices to break down many of the misconceptions that surround neurodiversity in society.

I really loved this book; it was honest and powerful and sad, heartfelt and touching and surprisingly funny. It is such a brilliant representation of what it means to be neurodiverse in a neurotypical world and does a great job of exploring the challenges that many girls and women face in trying to obtain a diagnosis. This really is such an important and educational book and it does so much in terms of sensitively and authentically representing neurodiversity without falling prey to common stereotypes. My only complaint is that I wish it had been a little longer and more detailed, because I found it so interesting and intriguing to read and I really wanted more.

Highly recommend.

Evalanguai says

A bit short but the authors are kids so obviously still pretty cool accomplishment. I loved the bits o recognised (why would anyone ruin a song by remixing it? :s I had a friend who sang a song for me for the first time. I absolutely loved it... as long as she sang it, I couldn't stand the original or any other versions. Even slower/faster versions by the same artist grate) and the criticism at medical and school professionals. Yeah, I bet even a kid can tell they are useless! Anyway, will check out Linfield's school other book :)

D.J. says

My 12 year old's review:

I liked this book because the character and what happens to her describes me a lot - for example having her own little world to escape to when things get too much, and her anxiety about things which I struggle with a lot too but I am also autistic.

My review:

I liked the way this book was written from both M's view point and that of her mother's. As a person with autism who is also a mother of someone with autism I found this book describes what I go through fairly

accurately, though I would like to believe that I understand more of what my son endures than M's mother did. M's experiences at school and home pretty much mirror what I remember of high school and my teen years. It's unfortunately also much like what daily work is like now as the anxiety still runs through me like a constant undercurrent to everything else that is happening, although I have built up better coping mechanisms as an adult. I think we need more books like this and also it would be better if it didn't say in the forward that it is especially written for girls because my son really enjoyed this book, and found it a good support for what he is experiencing...and I wouldn't want other boys to be put off enjoying it because the forward said it wasn't written for their gender.

Lesley says

A teen with autism, Beth noted that there were no books to help teenage girls like herself, and so the students of Limpsfield Grange, a school for girls with Autism Spectrum Disorder, in collaboration with writer Vicky Martin who lead creative writing and drama workshops, wrote and illustrated *M is for Autism*. This book, the fictional story of M, provides a mirror so that these girls can understand themselves, but also a window so that others can understand them and how they perceive the world. An important read for all teens and teachers.

Sara says

This book has so much going for it:

- the character with autism is FEMALE (why is this so rare in lit.?)
- it is based on the real experiences of young women who have autism
- the art and text is eye-catching
- the story is great

I think that sums it up. This is a must have for a high school library, especially if paired with complementary nonfiction about autism.

Jenny says

Excellent! Love it !

Lindsay Williams (Bibbidi Bobbidi Bookworm) says

I have definitely been on a middle grades fiction kick lately, and more importantly, I have been on a books about autism kick. When I did a quick search for middle grades fiction about autism one day, most of the books listed were books I had already heard about, but there was one book that grabbed my attention that I had never seen on any other similar lists--*M is for Autism*. The description of the book said that it was written by a group of students at a school for girls with autism, and I found myself immediately excited to order the book and read it. What set this book apart for me is the fact that it's a work of fiction and written by those on

the spectrum (with the help of their creative writing teacher), so I knew it would offer an important insight into the lives of those with autism.

The book is primarily narrated by a 13-year-old girl who calls herself M. M can't understand why she can't be "normal" like the rest of the kids in her classes, thinks her father must have left because of her, gets frustrated with her mother's misunderstandings of her, and sees her anxiety as a ferocious creature that is constantly stalking her and threatening to overtake her. M doesn't seem to fit in with any of the kids in her class, and her pain and frustration becomes more clear during her meetings with a counselor. Part of the book is narrated by M's mother, which give the reader a bit more understanding of her struggles to understand her daughter while desperately seeking signs of her reciprocated love.

At only 93 pages long, some of which are primarily illustrated, *M is for Autism* is a very quick read. M's inner thoughts are fascinating to read, especially during the moments when she feels on the brink or in the midst of a meltdown. During one point of the book, while at a classmate's party, a couple of parents talk about her, and one says, "Is that the girl they think might have Asper...or what's the other one? Autistic? Is she the one who's always off school, at the hospital? It's the disease where you get obsessed with numbers and they say lots of criminals have it? It is, isn't it? Dyslexia? Or autism or the other one?" As she listens, M tells the reader, "Adults do this. Doctors do this. Teachers do this. Neighbours do this. Mum's friends, they talk about me as if I can't hear."

M touches on two incredibly crucial points here. The first is the dangerous misconceptions that surround autism, and the second is the way others discuss those with autism in their presence. If you have read many of my review about books about autism, you might know that my youngest son has autism. This is something that my husband and I struggle to address with others and be conscientious about at all times, but we still witness it almost on a daily basis. M's story reiterates that those with autism are fully aware of the words and behaviors of others toward them, but her story also does so much more.

By telling M's story, the students of Limpsfield Grange School have told their own stories and have done everyone a valuable service. Not only have they provided awareness that autism doesn't just affect boys and helped readers get priceless insight into how autism works, but they have also helped parents and caregivers of kids with autism, like myself, be more aware of their own behaviors and provided those with autism with a book that just might help them understand more about this thing called autism that seems to take up so much of the space around and within them. M's counselor's messages to M about her value as a person being about so much more than her autism were something that all people should hear, and I'm incredibly grateful that I discovered this little gem of a book.

My only complaint about *M is for Autism* is that I wanted so much more (and that incorrect use of it's instead of its early in the book...but I digress...). Luckily for me, I discovered the existence of *M in the Middle: Secret Crushes, Megal-Colossal Anxiety, and the People's Republic of Autism*, a 352-page follow-up to *M is for Autism*. I can't wait to read it and share my thoughts for everyone soon!

Myleah says

Must Read! I am a middle school teacher who often works with autistic students. This book gives insight to the beautiful mind of autism. I loved that the book also shared family insights. I think this book would be entertaining and enlightening to anyone that loves teenagers whether they are autistic or not.

Maxine (Booklover Catlady) says

Thank God awareness of Autism and Aspergers Syndrome in girls and women is spreading. For years it was believed that only males were able to be on the Autism Spectrum, this has led to a tidal wave of diagnosis in females as it's recognised that traits can be very different between the two.

I am a woman, a wife, a mother, a friend, a Top Ranked Book Reviewer and have my own Book Publicity business...

I also proudly have Asperger's Syndrome.

I was diagnosed 2 years ago at age 41. The main voice in this book is teenage "M" who shares her story with autism, being a teenager and wanting to be "normal".

I am so thrilled to see these amazing girls speaking out and sharing their stories. It's heart-warming, funny, sad at times and educational. It's a short read but carries a powerful message.

Reading how life is with Autism as a teenager from an inside perspective is priceless. I've always said the best way to understand Autistic people is to talk to them and let them tell how it is. M does that in this book.

Written by the students of Limpsfield Grange, a school for girls with Autism Spectrum Disorder with communication and interaction difficulties, M is for Autism draws on real life experiences to create a heartfelt and humorous novel that captures the highs and lows of being different in a world of normal.

This is one of the rare schools in the world for girls with ASD, I'd watched a documentary about this school lately which showed me the amazing understanding the teachers and staff had of these girls, all with ASD, but all very individual.

M's story is great. I hope that you'll read the book to understand Autism/Asperger's from a more personal angle. I give this book 4 paw prints from Booklover Catlady.

Let the voice and lives of girls and women on the Autism Spectrum shine out everywhere!

I am personally available for interviews about my life growing up with undiagnosed Asperger's Syndrome, my teenage years as a street kid, being in management by age 21, my battles with chronic illness and rare illness to my late life diagnosis, and journey from writing 2 line book reviews to becoming a Top Ranked Reviewer with her own successful Book Publicity company. Email me at: booklovercatlady@gmail.com

For my reviews come and see me at:
<https://www.facebook.com/BookloverCat...>

Follow me on a Twitter! I talk back!
<https://www.twitter.com/promotethatbook>

I received a copy of this book via NetGalley in exchange for an honest review, many thanks.

Janneke says

"I am autistic. What the hell does that mean?"

This is a quote from the book and is also why I'm reading books about autism. I'm reading books about autism to figure out what the hell it means to have autism and to be able to identify myself with characters. I, personally, couldn't identify myself with M. The book didn't help me with giving my autism a place as much as I had hoped. These are the main reasons why I'm only giving it 2 stars. There is however one quote that does comfort me:

"You have autism. The truth is, you will need some support and guidance with life's inevitable ups and downs but you can have a glorious, fulfilled life and this is the truth too."

Gretel says

A short, accessible read, albeit with a garish colour scheme and an abrupt ending. A realistic portrayal of female autism, but some further proofreading could have been beneficial, as breath is written instead of breathe on more than one occasion. The parts written from the perspective of M's mother were particularly compelling, even more impressive when you remember this was written by teens.

Anna Obermajerová says

recenze v češtině zde

Leanne says

Amazing book. Gives insight on how someone with Autism sees the world, and what they need and don't need from other people.

Jane says

I found out about this book via a newspaper article and thought it was interesting because of it being a collaborative effort by schoolchildren.

It was easy to read (I know, I'm not the target audience) and M is well described. As are the counsellor, the mother, and the other incidental characters.

My hope is that it describes the kind of feelings that people with autism have. I don't have autism. I don't

have a child with autism. I do have a friend whose child has autism. So I have an interest in understanding what extra challenges they face together as I want to be a supportive and understanding friend.

Corinna says

This book is an easy read that gives you some perspective into what it's like to be a teenage girl with autism - both before and after an official diagnosis. This is a great starting point or guide for those who know girls on the autism spectrum, who can then look into further research with some level of empathy behind them.
