



Aspergirls: Empowering Females with Asperger Syndrome

By Rudy Simone

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Gold Medal Winner in the Sexuality / Relationships Category of the 2011 IPPY Awards

* Honorary Mention in the 2010 BOTYA Awards Women's Issues Category *

Girls with Asperger's Syndrome are less frequently diagnosed than boys, and even once symptoms have been recognised, help is often not readily available. The image of coping well presented by AS females of any age can often mask difficulties, deficits, challenges, and loneliness.

This is a must-have handbook written by an Aspergirl for Aspergirls, young and old. Rudy Simone guides you through every aspect of both personal and professional life, from early recollections of blame, guilt, and savant skills, to friendships, romance and marriage. Employment, career, rituals and routines are also covered, along with depression, meltdowns and being misunderstood. Including the reflections of over thirty-five women diagnosed as on the spectrum, as well as some partners and parents, Rudy identifies recurring struggles and areas where Aspergirls need validation, information and advice. As they recount their stories, anecdotes, and wisdom, she highlights how differences between males and females on the spectrum are mostly a matter of perception, rejecting negative views of Aspergirls and empowering them to lead happy and fulfilled lives.

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.

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Editorial Review

Review

"I can highly recommend this book to all Aspergirls and their parents, family, partners and professionals, as well as to all members of our community. With humour, love, liking and respect Rudy opens our eyes to the World of the Aspergirl, providing powerful insights on love, learning, sex, career, marriage, having children, friendships, puberty, diagnosis, emotions, health, aging and more...For too many years we have missed Aspergirls due to our current understanding of Asperger's syndrome being largely based on a male presentation. Rudy generously provides, through deep personal insight and her interviews with other Aspergirls, a broader definition and understanding, one that will help bridge the gap between Aspergirls and the non-spectrum population." --Dr. Michelle Garnett MPsych(Clin) PhD MAPS M CCP, Clinic Director and Clinical Psychologist, Minds & Hearts: A Specialist Clinic for Asperger's Syndrome and Autism

"Aspergirls is an extraordinary read. It is an affirmation of the movement towards understanding AS in females, and a celebration of the culture of AS womanhood. Simone writes with passion, honesty and truth - sharing both the challenges and the joys of a woman's life on the spectrum through her own observations and the voices of other women. It is rich with stories and strategies to be read and re-read as reminders, mantras and as a map for embarking on the journey of being a woman with AS. Above all, it is a much-needed book about permission, empowerment, and as Simone so eloquently states, moving beyond the mutism. Bring all your color, girls, and paint the world!" --Shana Nichols, PhD, Licensed Psychologist, Researcher and Clinical Director of ASPIRE Center for Learning and Development, and author of Girls Growing Up on the Autism Spectrum

Review

Ruby Simone's approach is hands-on, and her writing style is easy to read. The chapters are short and give good tips to woman and girls with AS and the people closest to them. I don't know that I believe all the holistic stuff, but I think this book should be required reading for woman and girls who have been diagnosed with AS. (A Girl Walks into a Bookstore Blog)

Every chapter deals with the everyday things that occur in life, explaining how you could feel when you're in love, when you fancy someone, to what you do and should do when going on a date. Sexual relationships and sexual activity are clearly explained, as are how they are affected by sensory issues and whether sex is painful and annoying (Asperger United)

It is interesting the way temper meltdowns are described very accurately and are written just as I experience them, including crying, frustration, shouting, yelling, being sarcastic, becoming vicious, feeling faint or dizzy and that temper meltdowns often happen when we are hungry. (Asperger United)

This is a very readable and enlightening book for all Aspergirls, their family, friends and involved others... This thoughtful account enthuses the reader and builds their understanding of the specific needs of Aspergirls; a highly recommended book. (Youth in Mind)

In the accessible and relevant 'Aspergirls', Rudy Simone takes the reader through the stages of life from childhood to old age, looking at issues such as the Aspergirl's 'meltdowns', 'stims' (self-stimulatory behaviour), literal thinking, socialising and sexuality. It is written in a touching, often humorous and very practical style, effectively providing a life manual for females with Asperger Syndrome. The anecdotes from

Aspergirls she has interviewed broaden the reader's insight into what it must be like to live with this syndrome. (Speech & Language Therapy in Practice)

In a lovely style, Rudy Simone covers every aspect of personal and professional life, from early recollections of blame, guilt and savant skills to friendships, romance and marriage...Rudy identifies recurring struggles and areas where Aspergirls need validation, information and advice. As they recount their stories, anecdotes and wisdom, she highlights how differences between males and females on the spectrum are mostly a matter of perception and empowers Aspergirls to lead happy and fulfilled lives. (Human Givens Journal)

I can highly recommend this book to all Aspergirls and their parents, family, partners and professionals, as well as to all members of our community. With humour, love, liking and respect Rudy opens our eyes to the World of the Aspergirl, providing powerful insights on love, learning, sex, career, marriage, having children, friendships, puberty, diagnosis, emotions, health, aging and more...For too many years we have missed Aspergirls due to our current understanding of Asperger's syndrome being largely based on a male presentation. Rudy generously provides, through deep personal insight and her interviews with other Aspergirls, a broader definition and understanding, one that will help bridge the gap between Aspergirls and the non-spectrum population. (Dr Michelle Garnett MPsych(Clin) PhD MAPS MCCC, Clinic Director and Clinical Psychologist, Minds & Hearts: A Specialist Clinic for Asperger's Syndrome and Autism)

Rudy's book helps girls with AS to realize that they are not alone and lets them know that there are others who feel like they do. But Rudy also does a thoughtful job of illustrating that not all girls with AS are the same. They have both talents and deficits and vary based on intelligence, level of imagination, and obsessions, just to name a few areas. (Help! SOS for Parents)

Many people, doctors and counsellors included, see AS (Autism Spectrum) as predominately affecting men. The Aspergirls is more often than not overlooked or diagnosed later in life. Rudy's book helps girls with AS to realize that they are not alone and lets them know that there are others who feel like they do. But Rudy also does a thoughtful job of illustrating that not all girls with AS are the same. They have both talents and deficits and vary based on intelligence, level of imagination, and obsessions, just to name a few areas.' - Help! S-O-S for Parents

'Specialists' books are all very well, but what people really, really need are the 'case histories' told from the inside. And so far this is the best I've seen. Aspergirls is a mix between Rudy's own experience and that of other Aspergirls, as well as pure advice, both to other Aspies as well as to Neurotypicals.

(Bookwrich blog)

This book is a tremendous resource for Aspergirls, their parents, family, friends and professionals. Based on Ms. Simone's personal insight as well as her interviews of over 35 women on the spectrum, this book will serve as an inclusive reference manual. Each chapter is packed with information on sensory overload, guilt, dating, higher learning and career, medication, meltdowns and stomach issues to name only a few. At the end of each chapter are sections containing very practical suggestions for Aspergirls, and their parents for handling the multitude of issues that can accompany Asperger's syndrome. She also encourages Aspergirls to celebrate and cherish who they are and puts to rest some common myths about girls on the spectrum. She encourages us with statements such as, "Life is about making a contribution, not about being popular and fitting in." Ms. Simone is very candid and open about her own struggles and with bullying experiences. She also discusses the difficulties in identifying women on the spectrum. This book will serve as an excellent reference for the Aspergirl and those who love/work with her. (Bonnie Kimpling-Kelly, teacher and behavior analyst)

This book is an easy to read, sensitive and funny at times while presenting some serious matters to consider. The concerns are focused on the individual but inclusive of the parents, educator and the community surrounding them. Whether you are a parent of a child with Asperger Syndrome or know someone who is, this is a must read as it will not only provide the reader with a good insight and look into the lives of girls with Asperger Syndrome, but also make you laugh as you develop more compassion aside faith. (Oren Shtayermman *Journal of Autism and Developmental Disorders*)

About the Author

Rudy Simone is an Aspergirl, writer and AS consultant who lives in the San Francisco Bay Area. She is the author of '22 Things a Woman Must Know If She Loves a Man with Asperger's Syndrome', also published by Jessica Kingsley Publishers.

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Anthony Doucet:

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Johnny Grady:

Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Aspergirls: Empowering Females with Asperger Syndrome, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

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