

Information Sheet

Suggested Reading List – Asperger's Syndrome

Updated January 2010

The books mentioned here are all available from the Autism Library at our offices in Carlton.

The Autism Library is available to individual members and the staff of professional members, at no charge.

You may borrow up to 4 items at a time for up to 4 weeks.

The library is open from 9am to 5pm Monday to Friday, or you can phone or email your request through and we can post it out to you. You can return items either in person (there is a drop box for outside office hours) or by post.

General Reference Books

ATTWOOD, T., The Complete Guide to Asperger's Syndrome, Jessica Kingsley, UK, 2006

This book covers Asperger's Syndrome across the lifespan. Includes chapters on bullying, theory of mind, life after school and long-term relationships, in addition to chapters addressing each of the core differences for a person with Asperger Syndrome. ITEM NO. 2763

ATTWOOD, T., Asperger's Syndrome - A Guide for Parents & Professionals, Jessica Kingsley, UK, 1998

This book is essential reading for those living or working with a child or adult with Asperger Syndrome. It is written in a clear and concise manner, with plenty of

examples, practical suggestions and resource lists. Highly recommended. ITEM NO. 1560

ATTWOOD, T., GRANDIN, T., ET. AL Asperger's and Girls, Future Horizons, 2006.

Although the majority of individuals diagnosed with ASD are male, girls with this condition can have very different needs and this book addresses common issues as they specifically apply to females. Includes information about diagnosis, puberty, peer and romantic relationships, and school issues. ITEM NO. 2811

BARNHILL, G. Right Address....Wrong Planet: Children With Asperger Syndrome Becoming Adults. Autism Asperger Publishing Company, 2002

Written by an autism consultant, who has an adult son with Asperger Syndrome, this book covers a much needed area – that of adolescence and adulthood. Ms. Barnhill offers both her family perspective and practical advice for those living with/caring for an adult with Asperger Syndrome. ighly recommended. ITEM NO. 2112

BARON-COHEN, S. & BOLTON, P., Autism and Asperger Syndrome: The Facts, Oxford University Press, 2008

This easy to read book is highly recommended as a "first book to read about autism". Suitable for parents and professionals. ITEM NO. 3090

BASHE, P.R. & KIRBY, B.L. The OASIS Guide to Asperger Syndrome. Crown Publishers, 2002

Written by two parents, this book deals with the social, emotional and cognitive challenges faced by those with Asperger Syndrome, and their parents. It also provides an overview of treatment strategies and options. Highly recommended. ITEM NO. 2139

HOWLIN, P., Children with Autism and Asperger Syndrome, John Wiley & Sons, 1998

Pat Howlin is one of the most highly regarded clinicians in the field of autism. This is an important book for the late 1990's. It describes the full range of presentations along the autistic spectrum, and explains what we know about causes, assessment and treatment. Pat deals in an unbiased way with the vast range of treatments and therapies for autistic disorders. This is a detailed but essential reference for practitioners and carers. ITEM No. 1711

NEWPORT, J. & M. Autism-Aspergers and Sexuality. Future Horizons, 2002

This book is written by a married couple, both of whom have Asperger Syndrome. It is a valuable insight into the social and sexual challenges faced by those with an autism spectrum disorder, and provides advice for these individuals and their parents.

* ITEM NUMBER 2119

RITVO, E.R., Understanding the Nature of Autism and Asperger's Syndrome, Jessica Kingsley, 2006

Edward Ritvo combines 40 years of his knowledge collected whilst working with people with Autism Spectrum Disorders. He summarises research in the field, and covers case studies of different people to illustrate strengths and difficulties of people with ASD. ITEM No. 2659

WING, L., The Autistic Spectrum - A Guide for Parents and Professionals, Constable, London, 1996

On its publication in 1971, Lorna Wing's book "Autistic Children" was acclaimed as the definitive guide on autism. In this new book "The Autistic Spectrum", Lorna describes what autism is, how to help those with the condition, and the service types of value. This guide is easy to read and invaluable for parents and anyone working with people with an Autism Spectrum Disorder. ITEM No. 1028

Training Programs and Approaches

BURROWS, E. & WAGNER, S Understanding Asperger Syndrome - A Guide for Teachers, Future Horizons, 2004

This booklet's easy to read layout makes it a quick reference for teachers or parents. It provides tips on how to recognise Asperger Syndrome and offers suggestions on how to create a successful learning environment. It addresses bullying, behaviour modification, teaching strategies and much more. ITEM No. 2929

GRAY, C., The Original Social Story Book/New Social Story Book Illustrated Edition, Future Horizons,

Social stories provide individuals with autism with accurate information regarding situations they encounter. For some students with autism, this type of written information appears to have a positive impact on their responses to social situations. Social stories have also been used successfully to teach academic skills. These books are a large collection of sample social stories. ITEM No. 1389

MCAFFEE, J. Navigating The Social World, Future Horizons, 2002

This manual provides a thorough curriculum for teaching social skills to individuals with Asperger Syndrome and high functioning autism. The program includes forms, exercises and guides for the student, and educational guidance to teachers and parents. ITEM No. 2115

SMITH MYLES, B & ADREON, D. Asperger Syndrome and Adolescence: Practical solutions for school success. Autism Asperger Publishing Co. 2002

An excellent overview of the challenges faced by teenagers with Asperger Syndrome at school. The book provides teachers and parents with practical solutions to assist in the transition to, and survival in, secondary school. ITEM No. 2137

WILLEY, L.H Asperger Syndrome in Adolescence: Living With the Ups, Downs and Things in Between. Jessica Kingsley, 2003

A wonderful book that tackles issues pertinent to all teenagers with Asperger Syndrome, including friendship, depression and sexuality. Each chapter is written by a different author, including Tony Attwood, Liane Holliday Willey and Rebecca Moyes. ITEM No. 2280

WINTER, M. Asperger Syndrome: What Teachers Need to Know. Jessica Kingsley, 2003

Written by a teacher, this book is very easy to read and full of strategies that will assist teachers, both in understanding Asperger Syndrome and also in providing a positive classroom experience for students. ITEM No. 2323

Parents & Families

ASTON, M.C. The Other Half of Asperger Syndrome, National Autistic Society, 2001

Written by a relationship counsellor who has a partner with AS, this book offers an excellent guide for anyone who is in a relationship with a person with AS. Whilst it is aimed at couples, some of the information would be relevant to parents, siblings etc. ITEM No. 2111

NOTBOHM, E.The Autism Trail Guide: Postcards From The Road Less Travelled Future Horizons, 2007

This book will help parents of children with autism take on everyday challenges while celebrating what their children bring to their

world. The author offers advice on concrete issues such as maths homework, video games, and trick behaviour, and also tackles the more abstract concepts of parenting: trusting parental instincts, when to take risks, how to hang on, and when to let go. ITEM No. 3121

STANTON, M. Learning to Live With High Functioning Autism: A Parent's Guide for Professionals. Jessica Kingsley, 2000.

This book specifically examines the frustrations of parents living with a child with autism, and seeks to provide professionals, families and friends with accessible and relevant information. The author is a parent and a professional in the UK. He styles himself as 'a parent and a teacher and learning all the time'. ITEM No. 1846

Children's Books

HOOPMAN, K. Blue Bottle Mystery; An Asperger Adventure, Jessica Kingsley.2001

Adventure stories with a central character who has Asperger Syndrome, these books are a delightful read for siblings, peers and young people with Asperger Syndrome. Suitable for children aged eight years onwards. ITEM No. 2013

FAHERTY, C. What Does It Mean To Be Me? A workbook and guide. Future Horizons, 2000

Aimed at the child from aged 8 onwards, this book is designed to assist in the understanding of autism spectrum disorder. Each chapter contains workpages for the child to complete and guidelines for the parent or teacher. Highly recommended. ITEM No. 1892

SCHNURR, R, G.. Asperger's Huh? - A Child's Perspective, Anisor Publishing, 1999

An excellent book on Asperger Syndrome for children, peers, teachers or parents. Written from the point of view of a 10yo child with Asperger Syndrome, it gives a good overview of the common difficulties faced by people with Asperger Syndrome. ITEM No. 2103

MURRELL, D. Tobin Learns to Make Friends. Future Horizons, 2001

A lovely story about a train carriage that has characteristics of Asperger Syndrome and has difficulty making friends. Highly recommended for siblings, peers and children with Asperger Syndrome, ages 6 – 14. ITEM No. 2104

IVES, M. What is Asperger Syndrome and how will it affect me?. NAS, 1999

This is a useful guide specifically for the teenager and young adult seeking explanations about themselves. It contains simple coping strategies and answers to some frequently asked questions. ITEM No. 1947

Autobiographies

HALL, K. Asperger Syndrome, the Universe and Everything. Jessica Kingsley, 2002

A wonderful book written by an 11 year old boy with Asperger Syndrome. This book gives a fantastic insight into his world, and provides an understanding of life with Asperger Syndrome. Highly recommended for siblings, parents, teachers and young people with Asperger Syndrome. ITEM No. 2153

JACKSON, L. Freaks, Geeks and Asperger Syndrome. Jessica Kingsley, 2002

Written by a 13 year old boy with Asperger Syndrome, this book is a must read for parents, teachers, and young adults with Asperger Syndrome. It is funny, sad, insightful and full of great tips for parents and teachers. Highly recommended. ITEM No. 2252

LAWSON, W. Life Behind Glass (1998); Understanding and Working with the Spectrum of Autism (2001); Build Your Own Life (2003) Jessica Kingsley.

For 25 years Wendy was incorrectly diagnosed with schizophrenia. When her son was diagnosed with Asperger Syndrome she realised that this explained her own difficulties. With this unique insight, 'Life Behind Glass' is a readable and very moving

personal account. Her more recent books provide practical day-day strategies for living with an autism spectrum disorder. ITEM Nos. 1643, 1998, 2326.

GRANDIN, T., Thinking in Pictures, Vintage Books, 1995

Since writing her first book Temple Grandin has toured and lectured extensively, and in so doing gained an even greater perspective of the experience of autism. Her comments and insight are invaluable for all readers. ITEM No. 1337

FLEISHER, M. Making Sense of the Unfeasible, Jessica Kingsley, 2003

Diagnosed with Asperger Syndrome when he was 11 years old, Marc has gone on to complete degrees in mathematics. This book is an enjoyable account of his life and his strategies for success, complete with appendices on astronomy, parallel universes and the mathematics of unfeasibly large numbers! ITEM No. 2325

DVDs

ATTWOOD, T. Asperger Syndrome: a Guide for Parents and Professionals, Future Horizons 2004

A 3 hour presentation by Tony Attwood, this video covers the major characteristics of Asperger Syndrome, the diagnostic process and is a fantastic introduction for anyone interested in learning about Asperger Syndrome. ITEM No. 3081

COULTER VIDEO Understanding Brothers and Sisters on the Autism Spectrum, Coulter Video, 2007

Each DVD contains four programs; three for siblings of different ages and developmental levels, and one for their parents. Designed to show siblings that other kids are facing the same challenges they face, and explores a range of ways the kids interviewed have learned to enjoy their brothers and sisters. Will help siblings to have a better understanding of their brothers and sisters, and helps to improve tolerance, caring and respect. DVD run time 109 minutes. ITEM No. 3077

EISENMAJER, R. Imagine Having Asperger's Syndrome- A first Consultation (DVD), Dr. Richard Eisenmajer 2006

Covers the main features and presentations of ASD, along with case studies of individuals to highlight how they perceive the world. ITEM No. 2757

PRIOR, M. et al, Understanding Asperger Syndrome, Royal Children's Hospital, 2000

28 minute video explaining the nature of Asperger Syndrome, how it impacts on the affected child and their families, and practical advice for teachers. Copies are available for loan or can be purchased from Autism Victoria. ITEM No. 1814

GRANDIN, T. Sensory Challenges and Answers; Visual Thinking of a Person with Autism, Future Horizons, 2002

These videos provide a useful insight into the sensory challenges faced by people with autism spectrum disorder, and the process of 'thinking in pictures' and strategies to overcome these. Each video is approximately 30mins long. ITEM No. 2135

Other Items

Autism Victoria has issues of the following periodicals available for loan – The Advocate (Autism Society of America), Autism/Asperger Syndrome Digest (Future Horizons), NoticeBoard (Association for Children with a Disability), Autism Research Review International (USA) and Communication (National Autistic Society - UK).

Other languages

We also have an article Assessment, Treatment and Management by Wendy Hoffmann translated into the following languages - Spanish, Italian, Greek, Cambodian, Vietnamese, Chinese, Turkish and Arabic

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