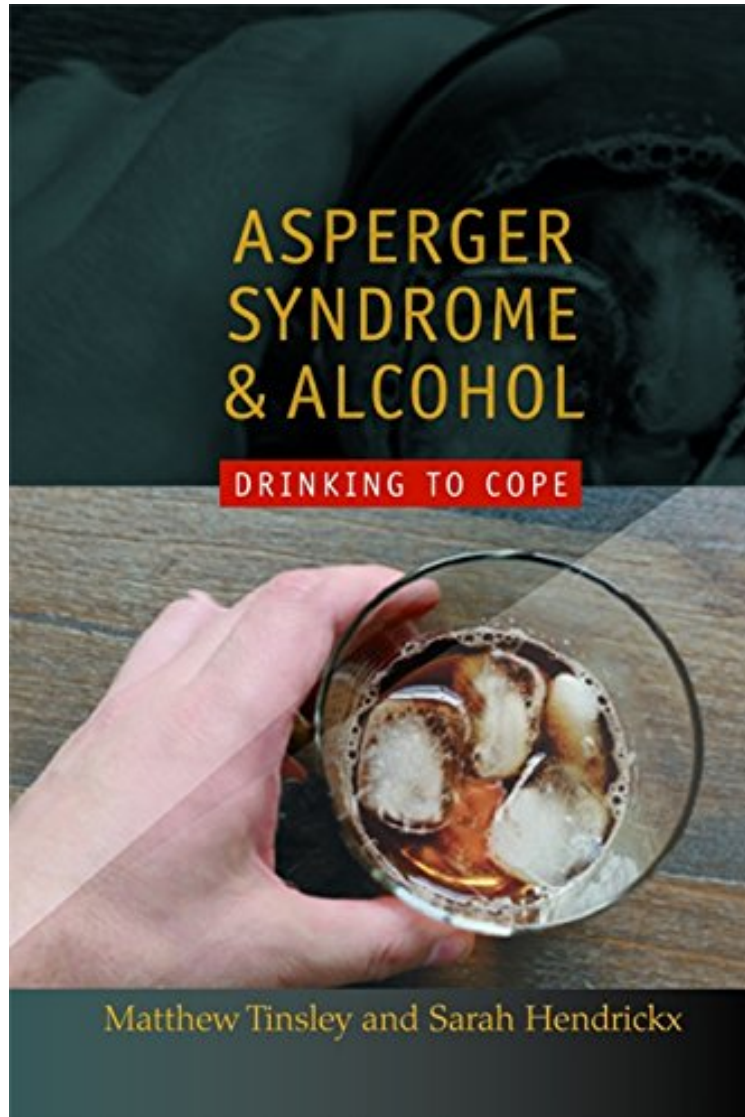


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Asperger Syndrome and Alcohol: Drinking to Cope?

Matthew Tinsley, Sarah Hendrickx

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Matthew Tinsley, Sarah Hendrickx : Asperger Syndrome and Alcohol: Drinking to Cope? before purchasing it in order to gage whether or not it would be worth my time, and all praised Asperger Syndrome and Alcohol: Drinking to Cope?:

12 of 12 people found the following review helpful. Parents - Read This BookBy TheGregIt's the only book I've found that covers the social connection between AS and Alcohol. I could have written this. I never "fit in", anywhere. At age 14, I started drinking to "fit in". I had found the cure. I drank as much and as often as I could for the next 14 years. It took another five years to figure out how to stop. And another 20 years to learn how to live a happy productive life. If

this book had been around in 1970, much suffering could have been avoided. I ask Parents to read this, if not for your kids, some one you know has this problem. As a Mother or Dad, buy this book and pass it around. I lived 50 years undiagnosed. Good Luck. 13 of 13 people found the following review helpful. Understanding why "Aspies" drink By L. Lux I haven't completed this book, yet. It can be a little difficult to understand in some places, but so far, it has really helped me to understand why my "Aspie" adult child drinks so heavily. I have also been able to help him control his drinking, just by understanding the cause! I would definitely recommend this book to people who have loved ones on the PDD spectrum, or are on the spectrum themselves, in order to understand, cope, and help with out of control drinking! My heart goes out to each and every person with the diagnosis, or who have loved ones who have the diagnosis! 3 of 4 people found the following review helpful. Insightful, helpful, and speculative By David E. Powers Much in this book is helpful, especially to someone newly diagnosed with Asperger's Syndrome. The first person narrative along with expert introductory material or commentary make the book both popularly accessible and reasonably authoritative. Especially helpful are insights into professional means of help for the alcohol misusing Asperger client. Also, the book provides valuable insights into how Asperger's Syndrome interacts with alcohol misuse. Since there was at the time of publication little, if any, statistical study of AS with alcohol misuse, much of the book relies on anecdotal evidence and lacks rigorous support for its speculations and suppositions. That is an unavoidable flaw, and generally the authors acknowledge the difficulty where it appears, while calling for the needed study. The book gives unwarranted attention to twelve-step recovery systems, apparently oblivious to the readily available CBT (REBT) alternatives in both the UK and US. SMART Recovery, for example, is unmentioned, even while it seems like a better fit for persons with AS, if only because of its very close association with CBT. That looks like an obvious correction, should a second edition appear. There are good references for personal help in the UK. A section on US resources would also be a welcome improvement if there is a second edition.

Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. Utilising their professional and personal experience, the authors provide an overview of ASDs and of alcohol abuse, and explore current knowledge about where the two overlap. Tinsley explores his own personal history as someone with an ASD who has experienced and beaten alcohol addiction. He discusses how the impact of his diagnosis and his understanding of the condition played a huge part in his recovery, and how by viewing his life through the prism of autism, his confusion has been replaced by a greater understanding of himself and the world around him. This inspiring book on an under-researched area will be of interest to professionals working with people with ASDs, as well as individuals with ASDs who may be dealing with alcohol or substance misuse, and their families.

A concise, direct, soul-bearingly honest book part-written by a recovering alcoholic who only discovered that he had Asperger's syndrome once his recovery had begun...I found this a deeply moving book, partly because of the harrowing depiction of someone suffering in the tertiary stage of alcohol abuse but, I think, mostly because of the unconditional love shown to him by his family and friends no matter how badly behaved nor how inconsiderate he was. -- Asperger United Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. -- BILD We both highly recommend this very readable and thoughtful book to all health and social care professionals - it is a gift to professionals and carers who want to understand and to work more effectively. -- Professional Social Work This book provides an overview of the very under-researched subject of autism and alcohol abuse. -- National Autism Society A concise, direct, soul-bearingly honest book part-written by a recovering alcoholic who only discovered that he had Asperger's syndrome once his recovery had begun...I found this a deeply moving book, partly because of the harrowing depiction of someone suffering in the tertiary stage of alcohol abuse but, I think, mostly because of the unconditional love shown to him by his family and friends no matter how badly behaved nor how inconsiderate he was. (Asperger United) Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. (BILD) We both highly recommend this very readable and thoughtful book to all health and social care professionals - it is a gift to professionals and carers who want to understand and to work more effectively. (Professional Social Work) This book provides an overview of the very under-researched subject of autism and alcohol abuse. (National Autism Society) About the Author Matthew Tinsley has a degree in Modern Languages and spent his entire professional life working in the sphere of specialist bookshops. After many years struggling with alcoholism and two failed marriages,

he overcame his addiction. Matthew believes this is largely due to his self-awareness of his autistic condition, together with Cognitive Behavioural Therapy. He is currently living in Brighton, where he aims to help spread awareness of the problems faced by those with Asperger's Syndrome. Sarah Hendrickx works as a freelance trainer and consultant in autistic spectrum conditions through her own consultancy, Hendrickx Associates. She provides professional training, Expert Witness and employment consultancy to organisations and coaching to individuals, families and couples. She is the author of several books on Asperger syndrome published by Jessica Kingsley Publishers as well as the co-author of Asperger Syndrome A Love Story written with her partner Keith, who has been diagnosed with AS.