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I Think I Might Be Autistic: A Guide To Autism Spectrum Disorder Diagnosis And Self-Discovery For Adults



A GUIDE TO
AUTISM SPECTRUM DISORDER DIAGNOSIS
AND SELF-DISCOVERY FOR ADULTS

Cynthia Kim



Synopsis

What if instead of being weird, shy, geeky or introverted, your brain is wired differently? For adults with undiagnosed autism spectrum disorder (ASD), there is often an "aha!" moment--when you realize that ASD just might be the explanation for why you've always felt so different. "I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults" begins from that "aha!" moment, addressing the many questions that follow. What do the symptoms of ASD look like in adults? Is getting a diagnosis worth it? What does an assessment consist of and how can you prepare for it? Cynthia Kim shares the information, insights, tips, suggestions and resources she gathered as part of her own journey from "aha!" to finally being diagnosed with Asperger's syndrome in her forties. This concise guide also addresses important aspects of living with ASD as a late-diagnosed adult, including coping with the emotional impact of discovering that you're autistic and deciding who to share your diagnosis with and how.

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Customer Reviews

I enjoyed this book. Do I fit this picture? No? Yes? I'm too old, right? It is well-written and easy to read. The voice is very much a friend with some ideas and options; the writer seems compassionate, someone who has walked down this road and asked these questions. In fact, I think that's the point. She has and she's offering to save you some time instead of bumbling through. She's the guide who hands out the map of the museum so you don't end up in Greek when you're looking for Modern. I'm glad I bought it. It provided me all kinds of webpages and shortcuts it would have taken months to find on my own. If time is money, it's definitely worth your time.

i read through Cynthia's book in one sitting. She writes with clarity, and i felt as if she was talking to me rather than me simply reading. i was diagnosed with Asperger's on January 7, 2014. i feel that my diagnosis is revelatory into who i am as a person, not a bad thing to know at all. Cynthia gives the reader up to date, relevant information in a very conversive and engaging style! oh, i just turned 61 December 2013; the quest for self understanding has not abated. thank you Cynthia!

I can honestly say that I regret not buying this book sooner. I had put it on my list of things to read when I first started looking into the possibility that I might be Autistic, and there it sat for quite a while. I was reading all kinds of things, and doing all kinds of research, and almost totally forgot about my intent to read this book. But, when I remembered and actually picked it up, I realized just how very much I'd needed it, and how very useful it would have been had I read it a bit earlier on in the process. What I loved so much about this is how the author took the DSM criteria and broke it down into questions and concepts that dug into the bits of information that you really need to consider. This took the concept of these really subjective and academic-language-based criteria and brought it around into something that was so much more accessible and usable in the real world. I felt so much more at ease after reading this, because it allowed me to add a level of surety to what I was thinking and feeling about myself. From that point on, I knew what the answer had always been. I am so truly glad that I read this book!

Thank You for writing this book! I myself am just discovering my aspiness in my middle age and seeing how much I have in common with your story makes it much easier to deal with - thanks!

I was impressed with what the author presented in this book. She was someone who had to go through the question of whether she was on the spectrum or not and where to go from there. I found her anecdotes interesting, her suggestions enlightening, and the entire book a fantastic read. The

psychiatric society pegged ASD wrong in the first place with symptoms that were male in origin and so women have been misdiagnosed for decades. This is a great first book for someone who is on the path to seeing if they are on the Spectrum or not.

I've been looking for a book like this that would answer some of my questions and point me in the right direction to find more. Not only have I found a book written by someone who's been in the trenches herself -- and who has a fascinating story of her own to share -- I've begun to look harder at my own suspicions that our oldest child's autism didn't come from thin air or simply because of the link between hypothyroid mothers and autistic children (or any other possible explanation). I've wondered for some time whether I might be on the spectrum, too, though I'd dismissed that possibility for years, because I'd learned to make eye-contact and can usually tolerate social situations for brief periods of time. I'm now seeing other traits -- things I'd never really associated with autism but that have been with me my whole life -- in a different light. I've taken an online quiz -- linked to in this book -- and received the following result (though I won't be more specific as to my score): "You are most likely neurodiverse (Aspie)." So, on goes my quest to find out if this will lead to an official diagnosis. I have mixed feelings, but one of them is relief. And I thank this author for helping me start the process.

I got this book since I think that I may have Asperger's and am researching it more to get a better understanding. This book is a good starting point with information for other sources to continue your research and a few self answer quizzes.

35 and just now finding an explanation for so much that has and is happening in my life. This book has been a great resource. It has given me validation and provided me with many answers, as well as many things to consider as I go through this journey. On top of all of that, the book is very easy to read and humorous at times.

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