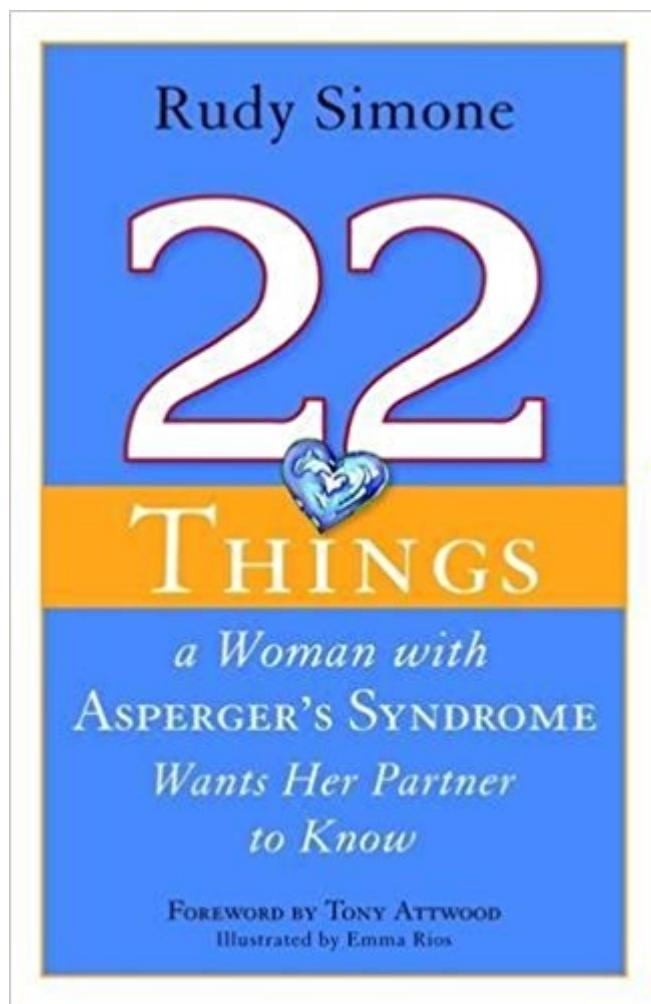


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# 22 Things A Woman With Asperger's Syndrome Wants Her Partner To Know



## **Synopsis**

Rudy Simone covers 22 common areas of confusion for someone dating a female with AS and includes advice from her own experience and from other partners in real relationships. She talks with humour and honesty about the quirks and sensitivities that you may come across when getting to know your partner. All the pivotal relationship landmarks are discussed, including the first date, sex, and even having children. This entertaining and easy-to-read book will be ideal for anyone dating, or in a relationship with, an AS female. Women with AS themselves, and their families and friends, will also enjoy the book and find it useful. Counsellors and other professionals working with women with AS will find the insight offered extremely enlightening.

## **Book Information**

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## **Customer Reviews**

\*Silver medal winner in the 'Femininity/Sexuality' category of the Living Now Book Awards\* 'There are many books that have been written about being in a relationship with a man with AS, but I have found none to be as insightful, accurate and understanding of both perspectives as this book by Rudy Simone. Each section of the book says it just the way it is; it is realistic, positive and unbiased.' -- From the Foreword by Maxine Aston, author of The Other Half of Asperger Syndrome, Aspergers in Love and The Asperger Couples Workbook Rudy Simone does it again! Like her other books, Rudy provides the direct instruction empowering those desiring better understanding and appreciation of women with Asperger syndrome. The 'Partner's words' ending each chapter succinctly summarize and are great at driving home each one of the 22 points. My highest

recommendation for anyone wanting a deeper and more meaningful relationship with the female with Asperger syndrome in their lives. -- Stephen M. Shore, EdD, Assistant Professor of Special Education, Adelphi University, internationally known consultant and presenter on issues related to the autism spectrum Reading Rudy's second book concerning 22 things was just as enlightening and informative as her first book. Whether you are male or female this book will speak your language. I love the down-to-earth approach Rudy takes and the plain speak she uses to take us there. I love the all rounded, no bull, tackle the unmentionable and answer the hard questions stuff that Rudy refuses to shun. Being in a relationship myself with an Aspergirl I recognise so many of the day to day issues. I wish I had read '22 things', so many years ago. It would have explained such a lot and saved us from some of the smog. No matter, it's here now. We need this book! -- Wendy Lawson, psychologist, qualified counselor, social worker and autism advocate, author of many books on topics relating to Autism Spectrum Disorders, Victoria, Australia In great Rudy style, Ms Simone shares her frank honesty and first-hand knowledge of what females on the spectrum need, desire and deserve. Rudy Simone sheds light on the enigma surrounding females with Asperger Syndrome and shows her readers the whys and wonders behind the female with ASD. Thanks to Rudy, I can now see many mutually satisfying relationships possible between Aspergirls and their partners! Right on! -- Liane Holliday Willey, author of Safety Skills for Women with Asperger Syndrome: How to Save a Perfectly Good Female Life While we have considerable literature to help couples where a male partner has the characteristics of Asperger's syndrome, this is the first book to describe, explore and provide hope and practical advice for a relationship where a woman has these characteristics. Rudy Simone boldly goes where no author has gone before with insight and enterprise. This book will revive and rescue relationships. -- From the foreword by Tony Attwood, Clinical Psychologist and author of many books including The Complete Guide to Asperger's Syndrome In her inimitably warm, witty, and disarming style, Rudy Simone casts light on what you need to know about having a relationship with a woman on the spectrum. One of the most damaging stereotypes of autistic people is that they are uninterested in or incapable of intimacy, and Simone demolishes that stereotype while offering practical, down-to-earth tips that will help you navigate the nuances of forging a lasting relationship with an 'Aspergirl'. Addressing everything from sex, to sensory issues, to emotional vulnerability, to giving and receiving criticism in a caring and safe way, Simone offers a helpful road map that will help you avoid potential pitfalls with the one you love and start building a life of closeness, passion, and honesty together. -- Steve Silberman, contributing editor of Wired magazine and neurodiversity blogger for the Public Library of Science I find this book extremely well written in a language that non autistic individuals can identify with and

get the point of what Rudy Simone is trying to convey. -- Deborah Lipsky, author of From Anxiety to Meltdown and Managing Meltdowns, Maine, USA Simone writes with humour and candour about control issues, moods, sensory challenges, repetitive behaviours, special interests and more... I would recommend this book to both partners in a relationship in which a woman has Asperger's syndrome. A foreword by Tony Attwood and illustrations by Emma Rios further enhance the book. -- Cynthia Parkhill Blog

\*Silver medal winner in the 'Femininity/Sexuality' category of the Living Now Book Awards\* 'There are many books that have been written about being in a relationship with a man with AS, but I have found none to be as insightful, accurate and understanding of both perspectives as this book by Rudy Simone. Each section of the book says it just the way it is; it is realistic, positive and unbiased.' (From the Foreword by Maxine Aston, author of The Other Half of Asperger Syndrome, Aspergers in Love and The Asperger Couples Workbook) Rudy Simone does it again! Like her other books, Rudy provides the direct instruction empowering those desiring better understanding and appreciation of women with Asperger syndrome. The 'Partner's words' ending each chapter succinctly summarize and are great at driving home each one of the 22 points. My highest recommendation for anyone wanting a deeper and more meaningful relationship with the female with Asperger syndrome in their lives. (Stephen M. Shore, EdD, Assistant Professor of Special Education, Adelphi University, internationally known consultant and presenter on issues related to the autism spectrum) Reading Rudy's second book concerning 22 things was just as enlightening and informative as her first book. Whether you are male or female this book will speak your language. I love the down-to-earth approach Rudy takes and the plain speak she uses to take us there. I love the all rounded, no bull, tackle the unmentionable and answer the hard questions stuff that Rudy refuses to shun. Being in a relationship myself with an Aspergirl I recognise so many of the day to day issues. I wish I had read '22 things', so many years ago. It would have explained such a lot and saved us from some of the smog. No matter, it's here now. We need this book! (Wendy Lawson, psychologist, qualified counselor, social worker and autism advocate, author of many books on topics relating to Autism Spectrum Disorders, Victoria, Australia) In great Rudy style, Ms Simone shares her frank honesty and first-hand knowledge of what females on the spectrum need, desire and deserve. Rudy Simone sheds light on the enigma surrounding females with Asperger Syndrome and shows her readers the whys and wonders behind the female with ASD. Thanks to Rudy, I can now see many mutually satisfying relationships possible between Aspergirls and their partners! Right on! (Liane Holliday Willey, author of Safety Skills for Women with Asperger

Syndrome: How to Save a Perfectly Good Female Life) While we have considerable literature to help couples where a male partner has the characteristics of Asperger's syndrome, this is the first book to describe, explore and provide hope and practical advice for a relationship where a woman has these characteristics. Rudy Simone boldly goes where no author has gone before with insight and enterprise. This book will revive and rescue relationships. (From the foreword by Tony Attwood, Clinical Psychologist and author of many books including *The Complete Guide to Asperger's Syndrome*) In her inimitably warm, witty, and disarming style, Rudy Simone casts light on what you need to know about having a relationship with a woman on the spectrum. One of the most damaging stereotypes of autistic people is that they are uninterested in or incapable of intimacy, and Simone demolishes that stereotype while offering practical, down-to-earth tips that will help you navigate the nuances of forging a lasting relationship with an 'Aspergirl'. Addressing everything from sex, to sensory issues, to emotional vulnerability, to giving and receiving criticism in a caring and safe way, Simone offers a helpful road map that will help you avoid potential pitfalls with the one you love and start building a life of closeness, passion, and honesty together. (Steve Silberman, contributing editor of *Wired* magazine and neurodiversity blogger for the Public Library of Science) I find this book extremely well written in a language that non autistic individuals can identify with and get the point of what Rudy Simone is trying to convey. (Deborah Lipsky, author of *From Anxiety to Meltdown and Managing Meltdowns*, Maine, USA) Simone writes with humour and candour about control issues, moods, sensory challenges, repetitive behaviours, special interests and more... I would recommend this book to both partners in a relationship in which a woman has Asperger's syndrome. A foreword by Tony Attwood and illustrations by Emma Rios further enhance the book. (Cynthia Parkhill Blog)

After 37 years, two weeks ago my therapist and I finally realized I'm an Aspergirl. What a relief to finally fit somewhere! Reading this book has been unbelievable-- every page, every sentence is Me! The very first page had me hooked as she described how Aspergirls are chameleons, mimicking those around them. I've said for years I'm just pretending at being human! To know others have felt the same way as me! I've been telling my boyfriend for years there's something different about me and he's been telling me for years it's just a story in my head-- no, really, I AM different! And that's ok! This book is delightful, affirming, and super helpful. It offers a perspective that NONE of the other relationship books do-- being the partner of an AsperGIRL. All the other books assume it's the man that's an Aspie. The author ingeniously shares how a female Aspie is very different than a male Aspie (which explains why some books about Asperger's just don't seem to fit me). Our couple's

therapist even didn't believe me when I started presenting the evidence because Asperger's presents very differently in women than in men, and it's the male perspective that is mostly written about. Whether you are the partner or the Aspergirl, do yourself a favor and get this book. Easy read, delightful, and helpful in changing the perspective.

I couldn't believe it when I started reading this. There are so many things that I didn't realize are female aspie traits. It felt like someone has followed me around my whole life and wrote about how I act, how I react, how I think, how people treat and speak to me... My husband (an aspie who was diagnosed as a toddler) has been saying for years that he thinks that I have stronger aspie traits than him - boy was he right! So excited to finally know (in my 30's!) why I am the way that I am! #colortheworld# Aspie Pride!

This is my tenth copy of the book because I keep lending it to people and they keep it! As a woman with Asperger's (even though the DSM doesn't recognize it anymore) I have found this book to be the perfect way to explain to people what life is like for me. This book helps put my behavior into perspective and gives those around me a glimpse into what it's like to constantly live as a chameleon. The best thing is that the book is not an intense read or a long one, instead broken down into short chapters that can easily be skimmed through or focused on in small bits. I highly recommend this book for anyone looking to understand those of us who are struggling to get along in a neurotypical world.

I love this book! Thank you Rudy for writing it. I've been reading Temple Grandin and Tony Atwood and both are great and helpful and speak to the scientist part of me. However this book speaks to me where I live with my husband, kids, and other relationships. I'm an older Aspie (early 50's) and only recently (in the past month) started putting the pieces together and realized this is me all of my life. I'll be meeting with a specialist in a couple of weeks and in the meantime I want to learn as much as I can and each part that comes together answers another question for me. This book has added with what I have always known but could never put words too. I could highlight just about the whole book it is so me. I will be giving it as gifts to my family. I bought it to give to my hubby but thought I would read it at the same time and I am so glad I did. It's serious and there is humor, which is so helpful to me. I tend to have a quirky sense of humor and this speaks to it, along with being very helpful. I almost dropped the book when she said have you heard of the story of the Princess and The Pea. I just finished putting together notes in preparation for meeting with my

doctor and one of the top ways that I use to describe myself is that story. I can vacuum the floor and two seconds later know that the cat has been by and dropped the tiniest bit of litter from its paws. That was the story that I identified with as a kid. When I read the bit on page 45 where she said, "If your breath smells like a scratch and sniff episode of CSI, you better listen". I burst out laughing out loud! My sense of smell is crazy acute and I have had more than one conversation with my hubby on this topic. It's so hard for me to bring up, painful for both of us, and when Rudy said that, she nailed it! If I had had something in my mouth I would have had it coming out my nose. I've just ordered one of Rudy's other books, "Aspergirls" for myself and look forward to getting it.

My wife told me about the book last winter. I finally got it and read it and , WOW! Its validating. Its charming. I've fallen in love with her all over again. I can quit wondering about subtext from her and am now practicing a "she means exactly what she says and no more" way of life. I'm also way more ready to protect her from the bullies out there. Understanding is a gift. Now its my turn. She saw a documentary on ADHD on PBS and realized I have it. Go figure!! Two people who are on the outer fringes of the spectrums finding eachother and not knowing why until 9 years into the relationship. LMAOAIKGU!You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with ADHD  
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Everything I read in this book explained a lot of my own struggles over the years with relationships. I recently took online quizzes which confirmed my suspicion. I have been married for 29 years and have had a lot of issues mentioned in the book. I have been trying to change myself for years reading books and listening to discourses but still the confusion about social norms remained. It was a relief to see I am not alone. I have explained my thinking to my husband several times but he always felt I needed to change. I am almost 50 and am exhausted trying to change constantly, not knowing how. I bought this so he can have an understanding of my thoughts from a third party. Thanks a lot!

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