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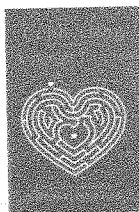
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Connecting with your Asperger Partner

by Louise Weston

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The title of this book says it all. It is extremely apt for the content of the book and it does what it says on the tin! The style is easy to follow having lists, charts, bullet points and headings together with pages of text. It gives advice on living with an Asperger partner in very practical terms, right down to how to construct a conversation that is clear and will be understood. The book recognises the difficulties of relationships that have not yet identified or had a diagnosis of Aspergers but then gives many tips, a wealth of information and support to the neuro-typical partner. It also talks about the quiriness and associated fun and joys of an asperger partner, which I can endorse.

At first my reaction was that the book indicated that all the adjustments that need to be made are by the neuro-typical partner and that the asperger partner gets away with carrying on with business as usual. But the more I read and recognised my own family situation, the more I realised just how many of those things I have been doing for the last 40 years and it has paid off. By using the strategies suggested and making the adjustments the relationship becomes much more harmonious and life is made less stressful. In addition, it gave me the confidence that doing things for me and giving myself some time out, is actually beneficial to us both and my partner is not upset by my activities, but is glad for time to pursue his activities alone. Although I have been doing things without my partner, it released me from the guilt I carried.

This is a great book to give information to other family members so they can understand and use some of the techniques described. It would also be very useful for counsellors for the same reasons. There are specific chapters of interest e.g. Communication, Letting go of Expectations, Surviving Blunt and Harsh Words. However the whole book taken in context is an exemplary picture of Aspergers Syndrome, its impact on ordinary life but also the vast improvements that can be made and the enjoyment that is possible in the relationship.

Anon