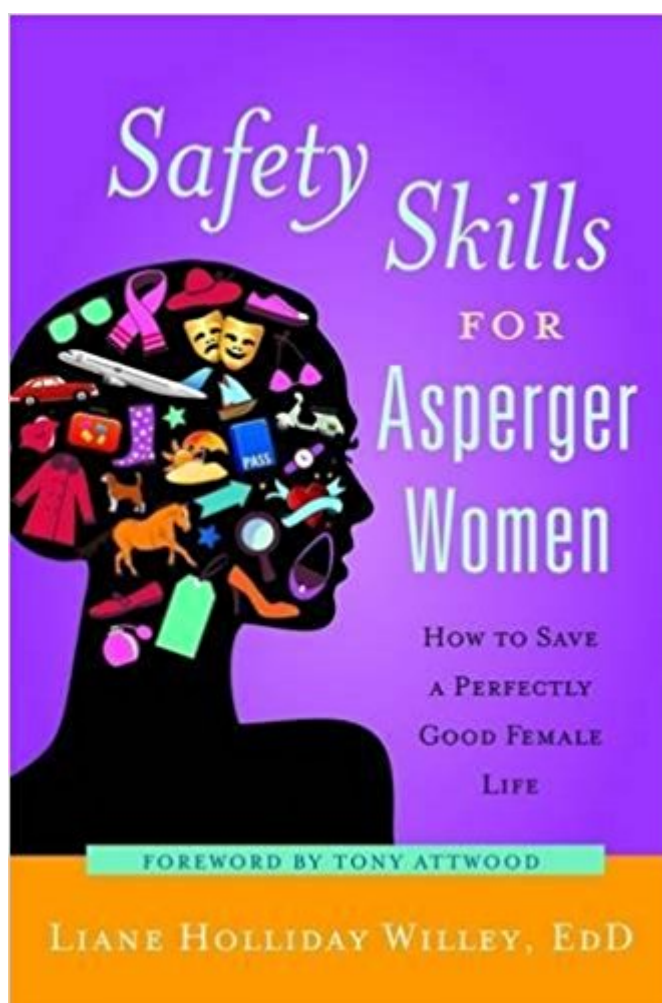


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# Safety Skills For Asperger Women: How To Save A Perfectly Good Female Life



## Synopsis

Life with Asperger Syndrome can be a challenge at the best of times, and trials and tribulations that neurotypicals take in their stride can leave Aspies perplexed and unsure of how to solve problems and keep themselves safe, both physically and emotionally. Liane Holliday Willey explores the daily pitfalls that females with AS may face, and suggests practical and helpful ways of overcoming them. The focus throughout is on keeping safe, and this extends to travel, social awareness, and general life management. With deeply personal accounts from the author's own experiences, this book doesn't shy away from difficult issues such as coping with bullying, self-harm, depression, and eating disorders. The positive and encouraging advice gives those with AS the guidance to safeguard themselves from emotional and physical harm, and live happy and independent lives. This book will be essential reading for all females with Asperger Syndrome, their friends and families, and all professionals whose work brings them into contact with females with AS.

## Book Information

Paperback: 160 pages

Publisher: Jessica Kingsley Publishers; 1 edition (September 15, 2011)

Language: English

ISBN-10: 1849058369

ISBN-13: 978-1849058360

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 24 customer reviews

Best Sellers Rank: #257,597 in Books (See Top 100 in Books) #109 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness](#) #258 in [Books > Health, Fitness & Dieting > Children's Health > Autism & Asperger's Syndrome](#) #691 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Liane has written another brave and informative book about her experiences as an adult Aspie....She gives all of us a piece of herself so that we can add to our own roadmap. It makes us better moms, therapists, friends, and people. Liane's new book is on my short list along with her first, *Pretending to be Normal*. -- Pat Schissel, *On the Spectrum* Willey (Senior editor, *Autism Spectrum Quarterly*) uses research and personal experiences as a sufferer of Asperger's syndrome to help "Aspie" woman meet the challenges of travel, social awareness, and life management. She

talks about how Aspie woman are wired, how they can be manipulated, and how they often feel disconnected. Willey shares the challenges of taking on life and resisting the urge to run away. She offers practical suggestions on picking friends wisely, staying safely in hotels, expanding diets, and more. This is essential reading for woman with Asperger's syndrome, their families, and the professionals who work with them. -- Library Journal I read this attractively-covered book in one sitting. It is quick, touching, witty and enormously helpful... Holliday Willey has made a great contribution to the growing literature in this area, especially for girls and women with Asperger's syndrome. An excellent read. -- Learning Disability Today The book is clear, personal and easy to identify with... This is a book with plenty of common sense tips, covering keeping safe and emotionally whole is a comfort and a reminder that we are not alone. This is well worth getting for a teenage daughter or for newly diagnosed women because many of Willey's experiences will be mirrored in their own lives and some of her tips may be new and worth a try. -- ASTeens The literary equivalent of a map, a first aid kit, a bullet proof vest and a nice cup of tea. Liane's strength is not the stoic sort, but shows itself through vulnerability, honesty and generosity. This is on the top shelf of 'must reads' in the category of female Asperger Syndrome and it shall remain there to arm, console, and inform readers for many years to come! -- Rudy Simone, author of *Aspergirls* and *22 Things a Woman Must Know: If She Loves a Man with Asperger's Syndrome* Liane's wise and intimate account of how to recognise, disarm and distance oneself from those who might intend or not, emotional or social harm, connected me in ways I couldn't have otherwise imagined. Liane takes AS women into the heart of our issues with obsession, over attachment, broken bonds, mood issues, fashion, self-care, dreams and so much more. In this book I found myself identifying past wounds and experiences that I could finally put a label on, bury and move beyond. Thank you! -- Wendy Lawson, psychologist, qualified counselor, social worker and autism advocate, author of many books on topics relating to Autism Spectrum Disorders "'Who am I and what will I do to be who I want to be?" *Safety Skills for Asperger Women* is a powerful invitation to take a chance on life and on healing. At times gentle in its encouragement, at others, urging in its counsel, Holliday Willey's words are a beacon, a light in the dark for all women with AS who want to live life more fully but sometimes find themselves off the path. Her work is remarkable, courageous, and welcoming for a group of women who too often live lives misunderstood and mistreated. *Safety Skills* is an eye-opening account of the perils and also the victories of the female life on the spectrum. Beautifully written and powerful in its message of wellness, this book helps you to dance with your spirit when life feels too overwhelming.' -- Shana Nichols, Owner and Director of the ASPIRE Centre for Learning and Development and author of *Girls Growing Up on the Autism Spectrum* Liane

Holliday Willey's book will help many women on the Autism Spectrum have a more fulfilling life. -- Temple Grandin, author of *Thinking in Pictures* and *The Way I See It* Liane writes of the agonies she has faced as she travelled the social world full of hazards. Some of the accounts are almost too scary to contemplate, yet her constant optimism has brought her through. Her deep introspection brings us all closer to understanding how an autistic mind experiences the world. She provides end of chapter support sections giving her ideas of things that she feels would be helpful to know. It is clear she hopes others may not have to face similar situations or ordeals unprepared. Liane longs for a world where AS is totally accepted, it is writ large on every page, it would address the extreme stresses many have to live with on a daily basis. Liane's book could help vulnerable women with AS live a safer, happier life. -- Rosalyn Lord, parent, advocate and trainer, UK

In the chapter titled *Out and About or Traveling To and Fro*, Liane Holliday Willey describes several challenging travel adventures - across the continent and around the block - in vivid Aspie detail. The wording of an informational sign at an airport, confusing pronunciations of her name over an airport loudspeaker, the resultant stressful interaction with an airlines representative, rearranged shelves in grocery stores that set off in a bad way the routine-bound author, all illustrate sensory and social situations that could make travel daunting, difficult and something to avoid for many living in the spectrum. Yet, Liane understands that the basic human desire to explore the world and the benefits of doing so, however difficult it may be, outweighs the dilemmas. This chapter alone makes *Safety Skills for Asperger Women* a must-read! -- Dennis Debbaudt, founder of Autism Risk & Safety Management and author of *Autism, Advocates and Law Enforcement Professionals* [Liane's] personal explanations and advice will resonate with the reader and transform and even save lives. Why is this book so needed and so valuable? Primarily, because our understanding of Asperger's syndrome is based on the profile of abilities and developmental history of boys and men... Liane's new book enables greater recognition of the adversity experienced by girls and women who have Asperger's syndrome, and provides strategies to overcome or avoid "scary" moments. -- From the Foreword by Tony Attwood, Clinical Psychologist and author of *The Complete Guide to Asperger's Syndrome*

Willey's newest book is a handbook of downright necessary information for women with Asperger's Syndrome. Titled *Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life*, it offers help overcoming problems that may not seem complicated for Neurotypicals but are common pitfalls for Aspies. These include being safe and aware in a variety of situations at work and while traveling. It also provides exacting advice for coping with depression, bullying, eating disorders, low self-esteem, and much more. The author's approach is accepting and inspirational. -- GeekMom.com

*Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life*

discusses the underlying problems and daily challenges women with AS may face, using extensive accounts from the author's own experiences to highlight issues of safety under various situations. From travel to social situations or managing daily life, this offers everything from exercises for mood enhancing change to the special needs of an AS body. -- The Midwest Book Review I found this book informative, insightful and well written. Lianne covers a range of circumstances which may regularly leave the female with Asperger vulnerable to societal and individual demands and inconsistencies and provides straight talking methods, suggestions and personal anecdotes to guide the reader through such situations. There are a number of helpful lists to make life for the person with Asperger a little safer, more logical and hopefully less stressful... the main feeling throughout this book is that of optimism, the positivity that situations can be faced and tackled with improved know-how and confidence. -- ESPA

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I ordered this because I wanted understanding of someone I know who fit the description of an Asperger woman. It didn't tell me much that I didn't already know, but it may be valuable for people who don't know too much about Asperger's. The only problem I had with it was in the author's

description of how she copes and lives a life by knowing and understanding herself, she seems to express a lot of anger at the "Normals". Not everyone is the same, whether they function as an Aspie, an Epileptic, or a Normal. For those of us who read this book because we want to understand what your journey is and how we can be better in our thinking and behavior, it was somewhat disappointing. I didn't want to feel like I'm bad for my lack of understanding. I wouldn't be reading this book if I didn't care.

My main issue with this book is that the writer sneaks in remarks such as "I don't like change. Find me an Aspie who does." This is too generalizing and considering the fact that this book contains mostly personal experiences and anecdotes, I feel the writer should withhold from making such statements. It is not helping. After reading this book, I was so dissatisfied that I read the book description once again. Where my expectations so wrong? I'm still not sure what I had expected, but not this. Concerning practical and helpful ways for living with ASD, I would like to learn more about the reasons why you sometimes need to do things differently. I feel it is important because often you need to be able to explain at least to those close to you what is going on. You might recognize a lot of behaviors or thinking patterns in this book. So it might be reassuring to finally be able to relate to the experiences in this book, but for more guidance, look elsewhere.

I've had the pleasure of corresponding with Liane Holliday Willey. She does not speak in a poetic fashion, but deals with reality as I should be. Until recently, there were very few books out there that focused on the needs of a female with Asperger's. They are out there in greater numbers than scientific statistics imply and they need someone that understands what they are going through and what it means to be a woman for Asperger's. As a teacher with Asperger's that teaches students on the ASD Spectrum I wanted a book out there that deals with the dangers, pitfalls and obstacles my female students will face during their transition to adulthood and as an adult. Who is better to speak about these issues than a woman that lives with Asperger's and has succeeded wonderfully. She deals with the dangers all women face, but are even more pronounced for women on the spectrum. Liane gives them a map with which will help them not to fall into such situations. Beyond that what is more profound she paves a road with which will create a path that will help them emerge as more confident and self-sufficient adults. Willey deals with everything from relationships, travel, the work environment, dealing with difficult situations to learn how to figure out the world around them. Through her own experiences and world view she created a tour de force that will be a very relevant book for every Aspie woman to have on her bookshelf or e-reader as she is about to depart on the



road to adulthood. She is a true mentor to a group in the need of a messenger who has been there and done that. Very relevant and timely. Kudos to you.

Everyone could benefit from this easy to understand and well thoughtout, written book, very relateable. I wish it was around when i was growing up

I purchased this book to assist my young adult daughter with her adjustment to recent diagnosis of Aspergers. She was amazed to find that 'someone else really got it' about her concerns and could also offer constructive advice and recommendations. This book provided excellent support for us all to address important topics without causing unnecessary awkwardness.

This book was one of a number of books I purchased to familiarize myself with Asperger's Syndrome. I was looking for information, characteristics to look for and ways of dealing with a person who is on the spectrum with this neurological "disorder". I learned a lot from this book and found it extremely helpful and hopeful.

Best writer about autism. She explains everything so well and helps me empathize even more with what my daughter goes through. This book is so good that I actually reread it a couple years after the first time.

I am glad she wrote this book. Worth reading if you are a person concerned about safety.. patterns.

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