



I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults

By Cynthia Kim

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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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Editorial Review

Review

In a nut shell this is Cynthia Kim's story about that huge minefield of getting a diagnosis on the autism spectrum and in sharing her journey of self discovery, and learning about herself with acceptance. One thing you need to know is this is about adults and predominately for adults that are starting to look at themselves and where they may fit or if a label is beneficial for them. This book has another use, and that is for children who have been labelled on the autism spectrum, in childhood and as older teens to young adults need to discover this journey for themselves. It can be easy for us parents to say Yes, you have Asperger's but to confirm this independently is I think important to the acceptance of who you are. Young adults need to understand their own skills, strengths, and weakness to gain independence and self understanding. The book offers quick references and tells you where you can seek out additional information. There is some medical jargon but Cynthia Kim has kept it short and to the point as well as offering the reader what it means in plain English. So yes, this is a lovely well written asset to anyone seeking answers to the question of 'Am I autistic?' offering places to seek information and sharing some great reflective thoughts on ways forward and in just starting to love who you are. --Rae, parent of a teenage son with Asperger's

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Angela Bauer:

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