

Books and Movies about Asperger Syndrome (AS), Marriage, and AS In Women

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I often recommend that my clients read a book or two to help on their journey of discovery, learning, healing and happiness. The books are listed in random order. If you have a suggestion to add to this list, please do send me an email at evamendes2911@gmail.com Thank you!

The list is organized under the following topics:

1. Asperger Syndrome (Autism Spectrum) and Marriage
2. General books on Asperger Syndrome/Autism Spectrum
3. Movies and TV shows on Asperger Syndrome/Autism Spectrum
4. Cognitive Behavioral and Dialectic Behavior Therapy
5. Buddhist thought and philosophy

1. Asperger Syndrome/Autism Spectrum and Marriage:

- ❑ ***The Other Half of Asperger Syndrome*** by Maxine Aston
This book is focused on various non-spectrum or NT (neurotypical) spouse perspectives and experience in the AS marriage. Validating narratives of what it means to be with an AS partner.
- ❑ ***Aspergers in Love*** by Maxine Aston
This book is based on numerous interviews of couples in an AS marriage or relationship. Also includes strategies for dealing with the difficulties of a neurodiverse marriage.
- ❑ ***The Asperger Couple's Workbook*** by Maxine Aston
One of Maxine's later books, offers activities, illustrations and worksheets for couples to use in their marriage.
- ❑ ***Marriage with Asperger Syndrome: 14 Practical Strategies*** by Eva Mendes
A paper I wrote for couples where one or both partners have AS. I have 14 distinct categories of strategies and behaviors couples can use to create ease and harmony in their marriage or long-term relationships.
- ❑ ***Is It Time to See a Couple's Counselor?*** by Eva Mendes
An article I wrote for Oasis-MAAP, a midwest-based, national autism organization that works to provide resources and create awareness for autism. I wrote about my own work with couples in AS marriages and how I work with them.
- ❑ ***Asperger Marriage: Viewing Partnerships thru a Different Lens***
by Grace Myhill and Dania Jekel
This is a wonderful article written by my mentors and colleagues at the Asperger's Association of New England about the Spouse Support Groups that were pioneered by Grace and Dania. The article also describes the AS marriage relationship.

- ❑ ***An Asperger Marriage*** by Gisela and Christopher Slater-Walker
This book is a first-person account from both partners in an AS marriage. An experiential narrative of their unique AS courtship and relationship useful to validate and understand the AS marriage experience.
- ❑ ***Asperger Syndrome and Long-Term Relationships*** by Ashley Stanford
This book is a personal narrative of the wife of a man with AS. The book is neatly organized based on the DSM-IV criteria for AS, interspersed with personal experience and anecdotes. One of the few American books on an AS marriage.
- ❑ ***Alone Together*** by Katrin Bentley
Swiss-born and raised, Katrin's book is a story of an intercontinental courtship with her Australian husband and their subsequent marriage and difficulties with her husband's AS. Her book is a great narrative of what it is like to be married to a man with undiagnosed AS.
- ❑ ***The Journal of Best Practices*** by David Finch
David's book is the only book on marriage written by a man with AS. David's book is a personal narrative on his courtship and marriage. It also contains advice for how he addresses issues in his marriage, all from his perspective as a man with AS.
- ❑ ***Asperger Syndrome — A Love Story*** by Sarah Hendrickx
A rare book on AS marriage because it is a joint narrative by both partners on being in an AS relationship. This is a good read with examples that could serve as a model for some couples in an AS relationship.
- ❑ ***Connecting with Your Asperger Partner*** by Louise Weston
Ms. Weston's book is a personal narrative and a practical guide for coping with an AS marriage. This book is geared towards the NT spouse in the marriage rather than both partners.
- ❑ ***The Five Love Languages*** by Gary Chapman
This book breaks down five different ways in which people prefer to give and receive romantic love. He has exercises at the end of the book that couples find useful in discovering their own love language and thus express their love for each other.
- ❑ ***Counselling for Asperger Couples*** by Barrie Thompson
Thompson's book is a wonderful resource both for couple's counselors, as well as, couples. He is an adult on the spectrum himself and a therapist for couples where one or both partners have AS. It's similar to Maxine Aston's workbook, Thompson's book has a good selection of concrete strategies that the couple and their therapist can use.

2. General Books on Asperger Syndrome (Autism Spectrum):

- ❑ ***The Complete Guide to Asperger's Syndrome*** by Tony Attwood
Tony's book is simply the best and most comprehensive on the subject of Asperger Syndrome. A must for every family living with AS.
- ❑ ***Aspergirls*** by Rudy Simone
Written by Rudy, a woman with AS, this book is a compilation of numerous narratives of women

with AS. It is a great book for those looking to understand AS in women.

- ❑ **22 Things a Woman With Asperger's Syndrome Wants Her Partner to Know** by Rudy Simone
This is a list of traits that people dating or in a relationship with a woman with AS should read. Another book by Rudy that speaks more about women with AS and their behavior in relationships.
- ❑ **Asperger's on the Job** by Rudy Simone
This is a must read for adults on the Autism Spectrum and those that work with them to help them in making career and employment choices. Rudy also discusses ways in which to work with your employer in creating an environment more conducive to AS.
- ❑ **Look Me in the Eye** by John Elder Robison
This is a first-person narrative of an adult man with AS who lived undiagnosed for most of his life.
- ❑ **Freaks, Geeks and Asperger's Syndrome** by Luke Jackson
A charming, first person account of what it is like to be a boy on the Autism Spectrum. Very well written and touches upon many important subjects related to AS.
- ❑ **Pretending to be Normal** by Liane Wooley Holiday
A book by a woman with AS. Liane is a pioneering woman in that hers was one of the first books to be written by a woman on the Autism Spectrum.
- ❑ **The Curious Incident of the Dog in the Nighttime** by Mark Haddon
A fictionalized account written by someone who used to work with children with autism. It's a really nice book and really gets into the mind of a child with autism. A very useful perspective from the autistic mind.
- ❑ **Mindful Living with Aspergers Syndrome** by Chris Mitchell
As the title suggests, a useful book on applying mindfulness meditation techniques to everyday life. Mr. Mitchell addresses coping with negative thought patterns, emotional and sensory issues, and social skills.
- ❑ **The Autistic Brain** by Temple Grandin
Temple Grandin, an adult with autism shares the brain science behind autistic traits and behaviors. She discusses the history of autism and neuroimaging and genetic research that links the brain to behavior.

3.) Movies and TV shows on Asperger Syndrome/Autism Spectrum:

- ❑ **Adam**
- ❑ **Temple**
- ❑ **As Good As It Gets**
- ❑ **Mozart and the Whale**
- ❑ **Mary and Max**
- ❑ **My Name Is Khan** (Hindi)
- ❑ **Dhoom 3** (Hindi)
- ❑ **Sherlock**

- ❑ **Parenthood**
- ❑ **Bones**
- ❑ **Monk**

4.) Cognitive Behavioral and Dialectic Behavior Therapy:

- ❑ ***Feeling Good Book*** by David Burns
- ❑ ***Cognitive-Behavioral Therapy for Adult Asperger Syndrome***
by Valerie L. Gaus
- ❑ ***Skills Training Manual for Treating Borderline Personality Disorder***
by Marsha M. Linehan

5.) Buddhist Thought and Philosophy:

- ❑ ***Waking the Buddha*** by Clark Strand
- ❑ ***Buddhism and the Science of Happiness*** by William Woollard
- ❑ ***The Undefeated Mind: On the Science of Constructing an Indestructible Self*** by Alex Lickerman
- ❑ ***The Inner Philosopher: Conversations on Philosophy's Transformative Power*** by Daisaku Ikeda and Lou Marinoff
- ❑ ***The Reluctant Buddhist*** by William Woollard

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