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Connecting With Your Asperger Partner: Negotiating the Maze of Intimacy

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Weston, a "neurotypical" (NT) registered nurse, has been married to a man with Asperger’s syndrome (AS) since 1999 and ran an Asperger partners support group. The book reflects the author’s utilization of self-help books about AS and relationships along with accumulated wisdom from support groups. AS is never fully explained here, although the concomitant behaviors are. Several key concepts, such as "special interest" and "meltdown," are used frequently in early chapters before being explained. On the positive side, Weston emphasizes self-care and getting professional help for the NT partner as an essential first step to being in a relationship with a person with Asperger’s. VERDICT Too advanced to serve as an introductory read on AS, this summarizes useful emotional and behavioral strategies and includes further readings and resource suggestions for partners, family members, coworkers, and counselors of individuals with AS.—Paula McMillen, Univ. of Nevada, Las Vegas