



# **Autism: An Inside-Out Approach: An Innovative Look at the 'Mechanics' of 'Autism' and its Developmental 'Cousins'**

*Donna Williams*

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## **Autism: An Inside-Out Approach: An Innovative Look at the 'Mechanics' of 'Autism' and its Developmental 'Cousins'** Donna Williams

Donna Williams' challenging book, written by an autistic person for people with autism and related disorders, carers, and the professionals who work with them, is a practical handbook to understanding, living with and working with autism. Exploring autism from the inside, it shows clearly how the behaviours associated with autism can have a range of different causes, and in many cases reflect the autistic person's attempt to gain control over their internal world. The sensory and perceptual problems that challenge a person with autism are described in depth, together with strategies for tackling them so as to enable that person to take more control of their lives. Donna Williams comments on the various approaches to autism, drawing out those strategies that are of real use, and explaining why some approaches may prove counterproductive, leaving the autistic person feeling even more isolated and misunderstood. Taking the view that understanding autism is the key to managing the condition, Donna Williams' book will bring illumination to all those who have felt baffled and frustrated by the outside appearance of autism. It contains a wealth of helpful suggestions, insights and new ideas, exploding old myths and promoting a view that all those involved with autism will find empowering and creative.

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