

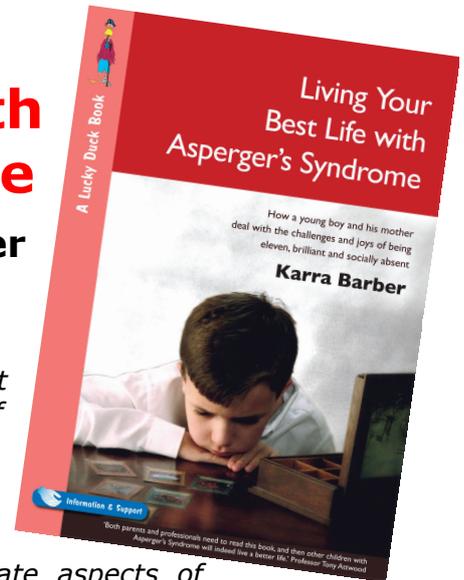
For immediate release:

Living Your Best Life with Asperger's Syndrome

by Karra Barber

Book Review by leading autism expert, Professor Tony Attwood

"Every year I read several manuscripts written by mothers about having a child with Asperger's syndrome. The quality of manuscripts varies considerably. As soon as I started to read Living Your Best Life with Asperger's syndrome I knew it was going to be one of my favorite biographies. I was entranced by Karra's descriptions of her son's intellectual abilities, his perspective on life and sense of humor. The anecdotes illustrate aspects of Asperger's syndrome perfectly. Professionals will have the 'Ah ha!' moment, as the descriptions of events and conversations are consistent with the theoretical models of Asperger's syndrome. Both parents and professionals need to read this book, and then other children with Asperger's syndrome will indeed live a better life."



Asperger's Syndrome is a neurobiological disorder on the Autistic Spectrum. A decade ago, Asperger's Syndrome was a term unfamiliar to many in society. Today, evidence suggests that the prevalence rate has dramatically increased and over time, due to the pervasiveness of diagnosed cases and the rise in media attention, the general public will become more aware of the social anomalies associated with AS.

In the United States alone, 1 in 166 people are diagnosed with an Autistic Spectrum Disorder. April is National Autism Awareness Month! **Living Your Best Life with Asperger's Syndrome** - *How a Young Boy and His Mother Deal with the Challenges & Joys of Being Eleven, Brilliant and Socially Absent*, authored by Karra Barber is due out April 1, 2006.

Effectively accommodating the social and academic needs of children on the autistic spectrum is an important task in every school. This book is a practical guide to benefit parents, teachers, Local Education Authorities and international autism organizations.

BIO: Karra Barber lives in the San Francisco Bay Area, and is a full time mother and advocate for her now twelve-year-old son who has Asperger's Syndrome. She completed her BS in 1986 from California State University, Chico, with an emphasis in Health Education. She is the founder and facilitator of a local parent support group where she coordinates monthly guest speakers who address topics relevant to those who have children along the autistic spectrum. She has established an Asperger's resource web site for Bay Area parents and professionals called www.AspergersResource.org. She has attended local and national autism and social skills training workshops, in addition to conferences focusing on educational strategies developed to cater to special needs children. Affiliated with a District Autism Task Force, she has worked with parents and schools on advocacy issues for children who require Individual Educational Programs, IEP's.

About The Book: Each chapter provides a summary followed by anecdotal stories that illustrate a point, describing how a young boy navigates his way through the social challenges that he faces every day.

The focus of the writing is how to live your best life despite your difference. The book describes the problems Karra faced as her son changed and encountered difficulties at every stage. She also demonstrates her resilience and determination and the book is a celebration of her son and their relationship.

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