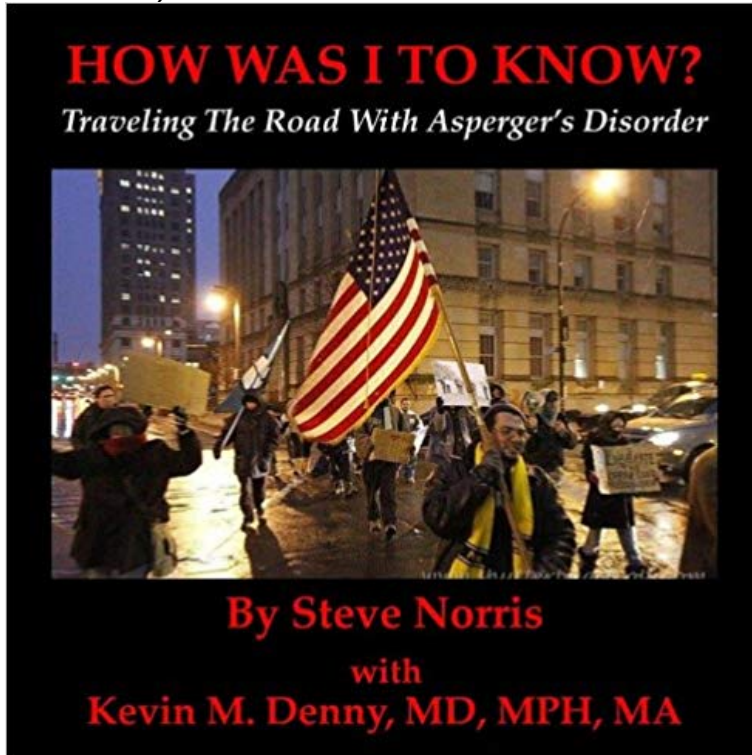


How Was I To Know? (Traveling The Road With Aspergers Disorder Book 1)



One of the most challenging tasks of parents, mental health workers, teachers and researchers is to understand the mind of a child with an autistic disorder. What is it that has caused over one out of every one hundred of our children to think and behave in such an atypical manner that they meet the criteria for having an autistic disorder? Aspergers Syndrome, or high functioning autism, did not appear on our medical radar screen until approximately twenty years ago. Since then, there has been improvement in diagnosis and early intervention---the key to helping an autistic function in a world far different from his. However there is still no over-arching concept as to what causes PDD and why some children are affected the way they are. We are further handicapped in our explorations due to the fact that autistic children, while frequently very intelligent, have difficulty describing their own feelings and understanding how their disorder affects their ability to connect with others. Steve Norris is an intelligent, caring and insightful man who has experienced social discomfort, rejection and painful isolation all of his life---but was not diagnosed with Aspergers Disorder until he was thirty-six years old. As the author has become aware of his limitations and as he attempts to overcome his social deficits, he is in a unique position to paint a picture of how his life has been shaped, in great part, by his disorder. His story is honest and frequently painful to hear, but courageously opens the window for others to understand the mind of an individual with Aspergers Disorder. As the author has learned, insight without commitment seldom leads to change. Therefore, in his book, How Was I to Know? Norris has not only vividly described the isolated life of an individual with autism, in a manner to help others understand the disorder, but he also advocates that individuals with the disorder cannot simply wait for others to

understand them. It is the responsibility of the autistic individual to observe and study the behaviors of neuro-typicals, in order to acquire the skills to effectively communicate and find happiness among others. The author travels from his own insights, painfully acquired over time, to creating the road map he must use to live in the world, as if he belongs. With candor, he willingly looks at the areas where he has failed himself, along with his successes. It is ironic that in this book the author, while striving every day to understand society, demonstrates on every page what it is to be human.

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