

Autism Outreach Project Resource Library: Personal Accounts

| TITLE | AUTHOR (S) | TYPE | CATEGORY | DESCRIPTION |
|---|---------------------------------------|-------|------------------|--|
| Aquamarine Blue 5: Personal Stories of College Students with Autism | Edited by Dawn Prince-Hughes | Book | Personal Account | This book details the struggles and challenges of highly sensitive autistic college students. An array of writing by students who have been diagnosed with Asperger's Syndrome or High-Functioning Autism is presented, showing their unique ways of looking at and solving problems. |
| Autism: An Inside-Out Approach | Donna Williams | Book | Personal Account | The author of Nobody Nowhere and Somebody Somewhere gives yet another insightful description into the world of people with autism. She gives practical advice on helping people with autism that will prove useful to parents and teachers alike. She also provides an appendix that contains a list of hints for dealing with a variety of problems. |
| Autism: From Tragedy to Triumph | Carol Johnson & Julia Crowder | Book | Personal Account | This book deals with the Lovaas method and includes a foreword by Dr. Ivar Lovaas. The book is broken down into two parts - the long road to diagnosis, then treatment. "In this book, Julia Crowder describes her efforts in the treatment and education of her son," says Ivar in the foreword. |
| Autism Through a Sister's Eyes: A Young Girl's View of Her Brother's Autism | Eve B. Band, Ph.D. | Book | Personal Account | Told in her own voice, 10-year-old Emily explains her feelings and her search for answers about why her brother Daniel did the things he did. Not only uplifting, this book offers valuable information and illustrations which make it an exceptional book for siblings of children with autism. |
| Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome | Stephen Shore | Book | Personal Account | The reader is led on a wonderful excursion showing how personal courage and persistence mixed with an encouraging and unyielding family has allowed Stephen Shore to successfully deal with Asperger Syndrome. |
| Breaking the Silence Barrier | Films for the Humanities and Sciences | Video | Personal Account | This program reports on technologies and multimedia software programs that are being used to help people with autism, traumatic brain injuries, and learning and speech disabilities. Temple Grandin, a woman with autism and a Ph.D. in animal science, explains how deep pressure therapy eases the sensory dysfunction that often accompanies her autism. Neurologist Oliver Sacks shares his views on how people with autism can find meaning in their own distinctive way. Also profiled is Bob Williams, the first person with a significant speech disability to hold a major Federal office. |

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| Come Back Jack | Write Field Features | Video | Personal Account | This video chronicles the ups and downs of a family's extraordinary therapeutic journey, which ultimately led them, in July, 1998, to the Language and Cognitive Development Center in Lynnfield, Mass. There, with expert guidance from a dedicated team of special educators, Jack began to emerge from his internal chaos, embracing life and the people who love him. |
| Dancing with Dragons: An Entire Family's Insight into a Disability | Gerard Mialaret | Book | Personal Account | A father, mother, sisters and brothers write of their love and feelings for their autistic brother. Insightful, humorous and yet risk-taking, this book will awaken and interest everyone connected with any disability, not just autism. |
| Day by Day: Raising the Child with Autism/PDD | Joan Goodman & Susan Hoban | Video | Personal Account | Presents a realistic look into the daily lives of two preschool children with pervasive developmental disorders, emphasizing the coping skills and practical strategies utilized by the parents. |
| Discovering My Autism | Edgar Schneider | Book | Personal Account | This book is another first-person account by a high-functioning person with autism. Schneider recounts his early years and the challenges he faced growing up. He also comments on his successes, including the arts, religion, and the availability of a supportive group of involved people. |
| Eating an Artichoke: A Mother's Perspective on Asperger Syndrome | Echo Fling | Book | Personal Account | This is the perfect book for any parent facing Asperger's Syndrome. This mom gives a detailed description of her everyday struggles, but also gives some creative strategies for working with Asperger individuals. |
| Embarrassed Often Ashamed Never | Lisa B. Elliott | Book | Personal Account | Quips and short stories from one family's ongoing adventure with Asperger syndrome and autism. |
| Emergence: Labeled Autistic | Temple Grandin | Book | Personal Account | This first-person account by one of the country's most well-known authors with autism gives readers a remarkable look inside Temple Grandin's life experiences. An astonishing story, a chronicle of perseverance, courage, and the loving wisdom of a few adults who saw in Temple the possibilities of reaching her true potential, this book will give new hope and insight into the potential of the human spirit. |
| Exiting Nirvana: A Daughter's Life with Autism | Clara Claiborne Park | Book | Personal Account | In this moving memoir which continues the classic work "The Siege", an account of the early years of her autistic daughter Jessy's life, the author gives an eloquent portrait of Jessy as an autistic adult-still struggling with language, |

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| Facing Autism: Reasons for Hope, Guidance for Help | Lynn Hamilton | Book | Personal Account | hypersensitivities and obsessions, and social interactions, but at the same time achieving more than her parents could have hoped for, becoming an accomplished artist and growing into an active member of her community. |
| Growing Up Severely Autistic | Kate Rankin | Book | Personal Account | This book not only provides information about the author and her personal story of her encounter with autism, it gives all parents and professionals a variety of treatment ideas for working or living with individuals with autism. Chapters cover topics on diet, sensory issues, behavior, education, and family. |
| In Our Own Words: Stories by Brothers and Sisters of Children with Autism and PDD | Compiled by Community Autism Resources, Providence, Rhode Island | Booklet | Personal Account | Gabriel is a teenager who is severely autistic: he is completely unsocialized, is incontinent and is unable to speak. In this book, his mother, with great honesty, describes what it is like to bring up an autistic child who requires constant care and exhibits challenging behavior. With affection and humour, she has written a personal and intimate study of someone who is very different from those around him. |
| Just This Side of Normal | Elizabeth Gerlach | Book | Personal Account | This book contains 12 stories written by brothers and sisters of children with autism which express their love as well as their disappointment, and how impossible it is to live with their brothers or sisters, as well as how they can't imagine living without them. A resource for families and professionals alike. |
| Life Behind Glass: A Personal Account of Autism Spectrum Disorder | Wendy Lawson | Book | Personal Account | In this book, the author recounts when her child was diagnosed and the emotions she experienced through his first 12 years. The initial feelings of denial, then gradual acceptance are shared as the struggle to find appropriate and effective treatment for her child are pursued. |
| | | | | Wendy was told in school that she was considered to be intellectually disabled and "almost incapable of doing anything as she was told." Misdiagnosed as a schizophrenic, a label that stuck with her for more than 25 years, she was finally diagnosed at age 42 with Asperger Syndrome. Despite the world around her being this mysterious place, she was able to go to college and obtain two degrees after her divorce, raise four children, become a social worker and adult educator, and operate her own business. Wendy writes a riveting and painfully honest |

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| | | | | account of her life to help "build a bridge...from my world to theirs." That bridge also helped Wendy and her family learn to speak about the past and help each other to accept. |
| Lucy's Story: Autism and Other Adventures | Lucy Blackman | Book | Personal Account | Born with autism, Lucy could not understand much of what was said around her. She created stories and poems in her head from the words she had read. As an adult she still barely speaks. Her ambition was to write a book. While writing she started to understand her own autism, and through that understanding she came to type on a computer with no physical support to complete her B.A. in Literary Studies. This book is essential for anyone interested in autism, sensory issues, augmentative and alternative communication, etc. |
| More...Laughing and Loving with Autism | Compiled by R. Wayne Gilpin | Book | Personal Account | A collection of "real life" warm and humorous stories. |
| More Than Little Professors – Children with Asperger Syndrome: In Their Own Words | Ed. by Lisa Barrett Mann, M.S. Ed. | Book | Personal Account | This collection of quotes, stories, poems, and essays from children with Asperger Syndrome, ages 2-17, offers us a glimpse into their daily lives, relationships, challenges, and victories, from their own perspective. |
| Nobody Nowhere | Donna Williams | Book | Personal Account | An autobiography by Williams -- she gives readers a guided tour of life with autism -- with a foreword by Bernard Rimland. A New York Times bestseller for 15 weeks. |
| One Child | Torey Hayden | Book | Personal Account | A dedicated teacher shares her success story with Sheila, an autistic child abandoned by her mother and abused by an alcoholic father, who was declared a hopeless case in spite of her genius intellect. |
| Running with Walker: A Memoir | Robert Hughes | Book | Personal Account | When Walker was three, doctors diagnosed autism and issued a grim prognosis. They hadn't accounted for his intelligence, affection, and sense of humor-or the remarkable bonds that grew within his family. Walker's father, Robert Hughes, tells a touching and inspiring story of how a family copes and keeps hope alive despite the difficulties autism presents. Robert Hughes, an English teacher at Truman College in Chicago, is also a contributing journalist to magazines such as Newsweek. |
| Siege, The: A Family's Journey Into the World of an Autistic Child | Clara Park | Book | Personal Account | Original published in 1967 when autism was virtually untreatable and misunderstood. The Siege has been |

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| | | | | republished with an epilogue, updated bibliography, and resource list. It tells of a mother's struggle to penetrate her daughter's world. |
| Silent Words: A Biography | Margaret & David Eastham | Book | Personal Account | A rare insight into the thoughts and feelings of a person with Autism and the educational techniques through which he learned to communicate. |
| Slant of Sun, A: One Child's Courage | Beth Kephart | Book | Personal Account | The reader is quickly drawn to Kephart's strength and passion as a parent who has unshakable commitment to her child. Her faith in her son and perseverance are important parts in his healing process. Her vivid descriptions are exceptional and sincere. A must-read for anyone looking for hope. |
| Somebody Somewhere | Donna Williams | Book | Personal Account | The author of the international bestseller Nobody Nowhere continues her searing, revealing account of her battle with autism. In this book, Donna explores the four years since her diagnosis and her attempts to live normally and leave her "world under glass." |
| Son Rise: The Miracle Continues | Barry Kaufman | Book | Personal Account | This book picks up where "Son-Rise" left off. Readers are treated to the gift of a healthy, nonautistic Raun and his sisters. Raun provides many of the insights about autism. "You have to be pretty smart to pull it off," he says later. "I don't know how I ever spun a shoe box on one corner. I couldn't do that now." Raun's second grade assignment was to draw a picture of himself. His picture was of a beautiful pregnant woman. When asked why he drew a pregnant woman, he said, "That's my mother. There is a little boy inside her spinning a plate." A lovely story about how this child was able to chart his own progress and development. |
| Songs of the Gorilla Nation: My Journey through Autism | Dawn Prince-Hughes, Ph.D. | Book | Personal Account | In this memoir, the author traces her personal growth from undiagnosed autism to the moment, as a young woman, when she entered the Woodland Park Zoo in Seattle and became fascinated with the gorillas. By observing them, and later, working with them, she was finally able to emerge from her solitude and connect to living beings. Now an adjunct professor of anthropology at Western Washington University, her story is a revealing account of the life of a person with Asperger Syndrome. |
| Soon Will Come the Light | Thomas McKean | Book | Personal Account | Inside the mind of a person with autism. McKean describes |

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| | | | | the sensory stimulations & challenges and takes you through his early childhood, the pain of misdiagnosis and of being institutionalized, the difficulty of relationships, and the apprehensions of a person with autism. He also discusses different treatment options. This book is excellent for a family with a autistic member, anyone working with that community, and students. |
| Spinning Straw: The Jeff Apple Story | Patricia Apple | Book | Personal Account | Jeff Apple was a beautiful baby who one day hit his head. From that day forward, his family took an epic voyage past autism, developmental disability, and extreme self-injury. Never wavng on love they always found hope, joy and laughter. A lifetime of spinning straw into gold. |
| There's a Boy in Here: Emerging From the Bonds of Autism | Judy Barron & Sean Barron | Book | Personal Account | This book gives rare insight into the mind of an autistic child because of its totally unique perspective, having been written by a mother who remembers events experienced by her now-grown, recovered son, who remembers the same events as an autistic child. |
| Thinking in Pictures: My Life with Autism | Dr. Temple Grandin | Book | Personal Account | An amazing story about a remarkable woman. Here, in Temple Grandin's own words, is the story of what it is like to live with autism, to be among the few people who have broken through many of the neurological impairments associated with autism. She describes her painful isolation growing up "different" and her discovery of visual symbols to interpret the "ways of the natives." Also gives information from the front lines of autism, including treatment, medication, and diagnosis. |
| Thorn in My Pocket, A | Eustacia Cutler | Book | Personal Account | This book is the author's story of raising her autistic daughter, Temple Grandin, in the conservative world of the fifties, a time when autistic children were routinely banished to institutions. She tells of her fight to keep Temple in the mainstream of family, community and school life and how Temple responded and went on to succeed, becoming a university professor and perhaps the most famous person with autism in the world. |
| Through A Mother's Eyes...A View of Autism | Mary Anne Coppola | Book | Personal Account | A series of articles that chronicle the life of a boy with high-functioning autism from early childhood to age 24. |
| Through the Eyes of Aliens: A Book About Autistic People | Jasmine O'Neill | Book | Personal Account | Written by an autistic savant, Jasmine gives her feelings a voice through her pen. This book contains a wealth of |

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| | | | | insight into the autistic world and she truly believes that the autistic person should be accepted and celebrated and not "therapied to death." While no new information is presented, this book is a great read especially for family, friends, and professionals who truly want to understand the world of autism. It is also a great source of inspiration to other autistic people. |
| Ultimate Treasure Hunt, The: Finding the Child Inside | Adair Renning | Book | Personal Account | In this book, Adair Renning details her family's search for effective treatments for their daughter with autism, including auditory integration therapy, food and environmental allergy treatments and mega-vitamins. This is one family's story representing a celebration of the strength of the human spirit when faced with seemingly insurmountable odds. |
| Unraveling the Mystery of Autism and Pervasive Developmental Disorder: A Mother's Story of Research & Recovery | Karen Seroussi | Book | Personal Account | When Karyn's 19-month old son was diagnosed with autism, she and her husband fought back with love and research. Believing their son's immune system prevented his digestive system from breaking down certain proteins which they felt was greatly responsible for their son's autism, they tried and tested theories at home and at a lab where Karyn's husband is a scientist. This book is the result of their efforts, listing explanations and treatments plus other tools and hands-on information for other parents interested in improving their autistic child's life through diet and other treatments. |
| Until Tomorrow: A Family Lives With Autism | Dorothy Zeitz | Book | Personal Account | A moving story that accurately depicts many reactions and feelings that families of handicapped children often experience. It is a loving, caring story marked by occasional episodes of hate, shame, rage, self-blame and self-pity. It portrays the way in which these emotions develop and become an integral part of all family relationships. It also traces, in some detail, a mother's day-to-day hopes and fears, confusion and feelings of rejection as she attempts to teach her child the things that most children learn with little difficulty. |
| Without Reason: A Family Copes with Two Generations of Autism | Charles Hart | Book | Personal Account | Without Reason is Charles Hart's deeply personal, authoritative first-person probe of autism and its effects on his family. He takes us through his childhood with an autistic brother who needed constant care, to his |

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scholarship education at Harvard, his own family of better circumstance, and the autism of his son Ted. Charles Hart understands autism as few others can and thus offers the reader an intimate view of a family's struggle, not for a cure but for understanding and accommodation of people disabled by autism.