



The Asperger Couple's Workbook: Practical Advice and Activities for Couples and Counsellors

By Maxine Aston

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Asperger Syndrome (AS) can affect some of the fundamental ingredients required to make a relationship work, such as emotional empathy and communication. Maxine Aston, author of *Aspergers in Love*, has created this workbook to help couples where one of the partners has Asperger Syndrome deal with the difficulties that may arise in their relationship.

With candid advice, activities and example worksheets, the book explores a variety of approaches that couples can use to counteract these difficulties. Whilst acknowledging that all relationships are different and each needs to be viewed as a unique case, the author identifies specific issues that can be problematic in an Asperger relationship, such as verbal and non-verbal communication, sexual issues, socializing and parenting, and comes up with simple and effective ways of addressing these issues.

This practical book is designed for use by couples and families affected by AS, either on their own or in conjunction with a counsellor. It will also be of interest to couples counsellors, or other professionals working with people with AS.

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Editorial Review

Review

'This book is a positive addition to Asperger Syndrome (AS)/Neurotypical (NT) relationship literature providing not only information, but also useful tools and strategies to deal with typical AS/NT issues. Maxine has included excellent definitions and explanations of the differences between the AS and NT partner and places strong emphasis on the fact that being different doesn't mean being wrong. We would recommend this workbook to AS/NT couples seeking practical solutions to many of the day-to-day issues that this type of relationship brings. This book will really make a difference to those who want to live more harmoniously together.' ---Sarah Hendrickx and Keith Newton, authors of Asperger Syndrome - A Love Story

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About the Author

Maxine Aston is a qualified counsellor and supervisor and presents Asperger Syndrome awareness workshops to counsellors and professionals who may encounter clients affected by AS. She also runs workshops and support groups for partners and parents that live with a person with AS. Maxine has an MSc in Health Psychology and is the author of *The Other Half of Asperger Syndrome (NAS)* and *Aspergers in Love* (Jessica Kingsley Publishers). She is a regular speaker at National and International ASD conferences.

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