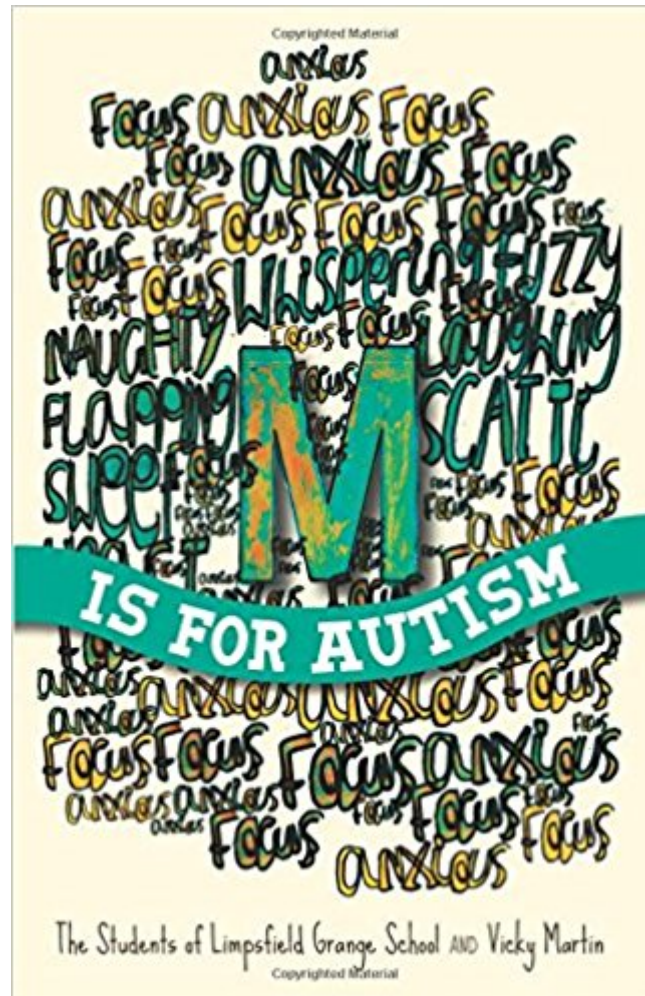




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# M Is For Autism



## Synopsis

M. That's what I'd like you to call me please. I'll tell you why later. Welcome to M's world. It's tipsy-turvy, sweet and sour, and the beast of anxiety lurks outside classrooms ready to pounce. M just wants to be like other teenagers her age who always know what to say and what to do. So why does it feel like she lives on a different plane of existence to everyone else? Written by the students of Limpsfield Grange, a school for girls with Autism Spectrum Disorder with communication and interaction difficulties, M is for Autism draws on real life experiences to create a heartfelt and humorous novel that captures the highs and lows of being different in a world of normal.

## Book Information

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## Customer Reviews

The Limpsfield girls certainly found their voice and it has all the urgency, immediacy and sheer vibrancy of teenage life... I hope that M's journey will help girls with autism making that same journey through their early teen years to find themselves and believe in themselves as well as help others understand and believe in them. -- Robert Pritchett, Director Autism Accreditation, The National Autistic Society This inspiring and touching novel really gives you a feel of what living with autism and anxiety is like. 13-year-old M lives a tough life as she struggles coping with anxiety in everyday situations, most of all at school. She describes anxiety as being a beast that stops her from living a normal life. All M wants to do is be like all her friends who she classifies as normal. With her later diagnosis of autism we see M start to open up and talk to people about her problems as she copes with her diagnosis. If you have autism, if you are a sufferer of anxiety, or you know

someone who is, this is a perfect read for you. This novel helps you to realise that you are not alone and people DO understand exactly what you are going through. As a sufferer of anxiety this book made me feel like there was light and hope at the end of the tunnel, and with a little support and guidance with life's inevitable ups and downs we CAN have a glorious and fulfilled life. -- Jasmine, age 16 I am utterly in love with this book. Part secret journal, part Perks of Being a Wallflower, part every girl, part just-like-me (yep, I have always seen letters as having personalities!), M is for Autism is a secret gem. We all need to know, after all, that there IS a "Sisterhood of the Spectrum". And I'm proud to say that M fits in perfectly! -- Jennifer Cook O'Toole, author, autism advocate, and CEO of Asperkids M is for Autism invites us into the world of a young woman with autism and allows us to view it through her lens. What an intriguing world we enter. This is a book to be read by everyone! -- Professor Barry Carpenter, OBE, PhD, University of Worcester What an insightful read! Thanks Limpsfield Grange for sending M is for Autism into my world. Recommended to teenagers and parents. -- Alis Rowe, aka The Girl with the Curly Hair I like the book M is for Autism because it is interesting to see how different but how the same a girl with autism is. I rate this book 5/5 because it is interesting, funny and exciting. -- Eve, age 8

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I recently read Kathryn Erskine's book Mockingbird, and I have a lot of mixed feelings about it. When I was reading a few reviews of Mockingbird, hoping they would help me process my own thoughts and feelings, I saw something about another book, M is for Autism. I read that it was written by a group of autistic girls and their creative writing tutor, because there aren't enough books for teenage girls with autism. That fact right there made me love the book even before I opened it. When I did open it, I was surprised to see that it is full of color not just the illustrations, but the pages themselves. I LOVE that. In fact, there's a lot I love about this book. Things I love about this book: It's colorful! Every page has color. M is a believable autistic character. She has autistic traits without fulfilling EVERY stereotype, and has specific, unique quirks and interests. I was pleasantly surprised that the mother gets to narrate a few pages. I appreciated getting to hear her perspective, and it is very realistic "a mother who truly loves and wants to help her daughter, but just gets so darn frustrated and doesn't always understand her. Her therapist is wonderful. I wish I had her. It's not an illness. It's more a way of being. It's your wonderful state of mind, the way you view the world. That's not being ill. It emphasizes that autism isn't really the problem, anxiety is. It touches on topics like social confusion, teasing, stimming, coping strategies, sensory issues, diagnosis, labels, therapy, support, and the complexity of it all. This quote: 'I think you're struggling too much. Everyone has a bad day, week, month even year but this is too much M. This is constant stress and anxiety. Life shouldn't be too much of a struggle M.' She's right. Less of a struggle would be good. Life is a struggle when you're trying to be normal."My only complaint is that it's short "you can read it in a single sitting. That isn't a criticism of the book; I think it is long enough to fulfill its purpose. That's just a personal desire to read more about M and her journey :-)

Coupled with "The Reason I Jump", I'm getting a glimpse into the autistic mind/world. Doubt I will fully understand or appreciate the situation. I'm doing this to research the backstory of a character. Don't think I could be as detached if I was sharing a world with an autistic child. I sympathize. Recommend.

My Aspie granddaughter found this book and begged me to buy it for her. Her only disappointment was that it wasn't long enough!! It is a great read for preteens and younger teens. It is also an informative book for adults. The main character in the book suffers severely from anxiety as does my sweet Aspie girl. The book helps us neurotypicals understand what it's like to live everyday with severe anxiety. I will be passing this along to our therapist. It's an easy and fun read as well as being very informative.

Well written, important book about the world of autism. Unique and personal, with a hopeful outlook on life. A great read.

Wonderful book for girls and families of girls with ASD

Great story... I'm not finish it yet

Excellent!

I loved this book.

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