



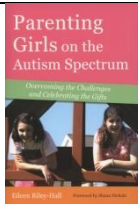
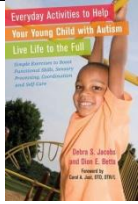
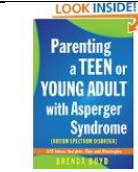
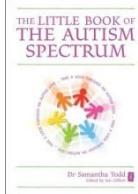
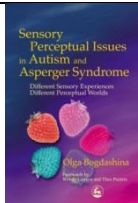

AUTISM eBooks from HIGHLIFE HIGHLAND LIBRARIES

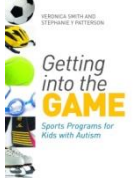
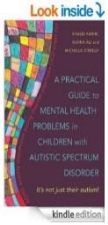

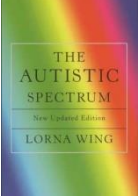

We are delighted to announce that The Pines Inverness, working in partnership with High Life Highland Libraries, has 30 titles on autism available as eBooks.

High Life Highland Libraries, E-books on Autism

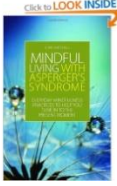
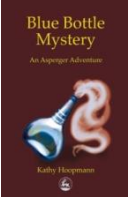
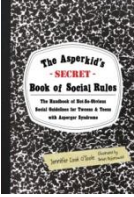
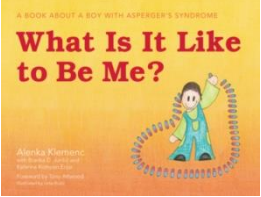
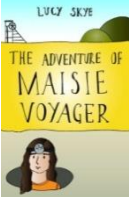
These titles are all available to download from High Life Highland Libraries, see <http://highlife.libraryebooks.co.uk/site/EB/ebooks/m/firstlisted.asp>
There are titles for children at the end of the list.

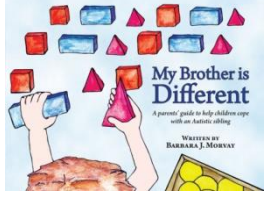
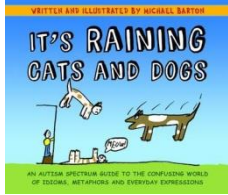

	<p>Autism and Asperger syndrome Simon Baron-Cohen</p>	<p>Summarises the current understanding of autism and Asperger syndrome. The author explains the process of diagnosis, as well as the options for education and intervention for those with these conditions.</p>
	<p>Explaining autism spectrum disorder Clare Lawrence</p>	<p>Written in accessible, non-specialist language, the book provides an ideal basis for parents, carers, teachers and employers to understand more about the Autistic Spectrum.</p>
	<p>A beginner's guide to autism spectrum disorders Paul G. Taylor</p>	<p>This short introduction is an ideal starting point for anyone encountering Autism Spectrum Disorder for the first time.</p>
	<p>101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders Tara Delaney</p>	<p>Guide for parents and teachers on how to teach children and enhance their development through playtime activities. There are over a hundred games which can be played indoors or outdoors.</p>
	<p>Helping children with autism spectrum conditions through everyday transitions John Smith</p>	<p>Facing any type of change can cause confusion and anxiety for individuals with autism spectrum disorders. This book looks at the small transitions in</p>

		everyday life that can be a big deal for a child with autism and offers simple and effective strategies to make change less of a daily challenge.
	Parenting girls on the autism spectrum Eileen Riley-Hall	The author is a mother of two teenage girls, one with Asperger's and the other with autism. She is a high school English teacher and has written the book to support family members and provide an insight into what life is like for girls on the spectrum and their parents.
	Everyday activities to help your young child with autism live life to Debra S. Jacobs	Most children with autism spectrum disorders also exhibit sensory challenges that complicate daily activities such as bathing, dressing and sleep. This book will help understand and regulate children's sensory systems so that daily life activities can be successfully accomplished.
	Parenting a Teen or Young Adult with Asperger Syndrome Brenda Boyd	Contains 325 practical ideas for parents with a teenager or young adult. Covers subjects as self-esteem, anxiety, coping with change and encouraging motivation.
	The little book of the autism spectrum Samantha Todd	Aims to help people understand autism from the point of view of the child with the condition. Describes strategies for communication, social interaction, and the emotional, behavioural and sensory challenges faced by young people with autism.
	Sensory perceptual issues in autism and Asperger syndrome Olga Bogdashina	Recommended. Explores the effects of different styles on the communication and language development of children with autism. It provides an explanation of why certain approaches, for example PECS, might work with some children with autism but not others.
	Raising martians-from crash-landing to leaving home Joshua Muggleton	The author is a young person, diagnosed with Asperger syndrome, who has written this book from his own perception as a "Martian marooned on planet Earth." He relates his life

		<p>experiences up to young adulthood, and provides advice towards understanding survival strategies young people with Asperger syndrome may develop.</p>
	<p>Getting into the game Veronica Smith</p>	<p>Children with autism spectrum disorders and other disabilities are provided with strategies in this book to participate in and be included in sports and other physical activities. The book aims to help families, clinicians, and coaches guide and support children in sports programmes.</p>
	<p>Practical Guide to Mental Health Problems in Children with Autistic Spectrum Disorder Michelle O'Reilly</p>	<p>This book considers the relationship between ASD and mental health presentations in children and young people and discusses what can help to improve their lives and the lives of their families.</p>
	<p>The everything parents guide to children with autism Adelle Jameson Tilton</p>	<p>Specifically for parents of a child with autism, this book offers practical solutions and advice on handling family and community difficulties. Practical ways to help, and ideas, are discussed.</p>
	<p>The autistic spectrum Lorna Wing</p>	<p>This guide explains how people with autism experience the world, the reasons for their disturbed behaviour and resistance to change, why they need an organised, structured environment with a daily routine, and the changes occur with increasing age.</p>
	<p>Sleep well on the autism spectrum Kenneth J. Aitken</p>	<p>“How to Recognise Common Sleep Difficulties, Choose the Right Treatment, and Get you or your Child Sleeping Soundly”. This is a plain English guide to the management of sleep problems, Introduces all the proven remedies and focuses on the problems most commonly found in ASDs and related conditions.</p>

	<p>Thinking in pictures Temple Grandin</p>	<p>This book offers Temple Grandin's insights into autism and the way people with autism think and act. Shows how Temple Grandin managed to move beyond the confines set by autism and function independently.</p>
	<p>From anxiety to meltdown Deborah Lipsky</p>	<p>Highlights how meltdowns and tantrums differ from each other, and discusses the sources they can stem from. Identifies how to spot triggers and prevent outbursts from happening in the first place. Solutions for avoiding anxiety are offered, accompanied by calming techniques.</p>
	<p>Understanding pathological demand avoidance syndrome in children Phil Christie</p>	<p>Gives an overview of Pathological Demand Avoidance syndrome (PDA) written collaboratively by professionals and parents. The book tries to answer the immediate questions triggered when a child is first diagnosed and uses case examples throughout to illustrate the impact of the condition on different areas of the child's life.</p>
	<p>A real boy Christopher Stevens</p>	<p>Parental account of bringing up a child with an autism spectrum disorder (ASD) including the heartbreak and unexpected joy of ASD.</p>
	<p>Asperger's in pink Julie Clark</p>	<p>Well reviewed American book. Mom Julie Clark guides you through her family's adventures raising a daughter with Asperger's Syndrome.</p>
	<p>Why Aren't Normal People Normal? Olley Edwards</p>	<p>This new book by Olley Edwards, who has herself grown up with Asperger syndrome, aims to help Asperger girls gain a better understanding of their condition and take control of their lives to become more effective and happy individuals - without changing who they are.</p>

	<p>Mindful Living with Asperger's Syndrome Chris Mitchell</p>	<p>This practical handbook provides advice and instruction on adopting a mindful way of living to help tune in to the present moment. Chris Mitchell reflects on how mindfulness can help with common AS difficulties including negative thought patterns, emotional and sensory issues, and navigating the social world.</p>
	<p>Blue bottle mystery Kathy Hoopmann</p>	<p>A story for children. Nothing is quite the same after Ben and his friend Andy find an old bottle in the school yard. What is the strange wisp of smoke that keeps following them around? Things become even more complicated when Ben is diagnosed with Asperger Syndrome.</p>
	<p>The Asperkid's (secret) book of social rules The Handbook of Not-so-obvious Social Guidelines for Tweens and Teens With Asperger Syndrome Jennifer Cook O'Toole</p>	<p>The author of the book has Asperger syndrome, is married to an Aspie and is the mother to three young Asperkids. The book aims to be a comprehensive guide to social rules for people with Asperger syndrome and parents/carers. It discusses friendships; when a thank you is expected and knowing how to handle criticism.</p>
	<p>What is it like to be me? Alenka Klemenc</p>	<p>For parents and children. Join Greg, a young boy with Asperger's syndrome (AS), as he tells us all about the world as he sees and experiences it. Greg tells us about the things that he finds challenging, from a change in his beloved routine to reading facial expressions, and how these things can sometimes leave him upset and overwhelmed.</p>
	<p>The adventure of Maisie Voyager Lucy Skye</p>	<p>A book for children. Maisie Voyager is a girl with autism who solves the mystery of the kidnapping of her aunt. She follows a trail of clues leading to abandoned tin mines and a hunt for treasure and saves her family from an evil villain.</p>

	<p>My Brother is Different Barbara Morvay</p>	<p>It's not easy having a brother or sister who has autism or Asperger syndrome. This cheerful book, full of puzzles, pictures to draw and colour, games, helps work through some of the issues and celebrates difference. For five to eight year-olds.</p>
	<p>It's raining cats and dogs Michael Barton</p>	<p>It's Raining Cats and Dogs is a witty and stylish insight into the mind of someone with an ASD. It beautifully illustrates why people with ASDs have problems understanding common phrases and idioms that others accept unquestioningly as part of everyday speech. For adults and children.</p>
	<p>Trueman Bradley, aspie detective Alexei Maxim Russell</p>	<p>A story for older children. Trueman Bradley is a genius detective with a difference, he has Asperger's Syndrome. Trueman uses his exceptional mathematical skills to invent a crime-fighting equation, and with the help of his new friends and some amazing inventions, sets out to test his skills against the criminal world of New York.</p>