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Titolo	Build your own life : self-help guide for individuals with Asperger syndrome // Wendy Lawson
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Nota di contenuto	Foreword; Wendy, Asperger's Syndrome and neurotypicality; Acknowledgements; Introduction; Chapter 1. Foundations to life; Chapter 2. Designing, planning and structuring our building; Chapter 3. Erecting the building; Chapter 4. Covering the walls; Chapter 5. Plumbing and electricity; Chapter 6. Past influences upon how we build our lives; Chapter 7. My building in relationship to my neighbours; Chapter 8. Buildings in need of maintenance; Chapter 9. Revisiting my plans and seeing where they lead me; Chapter 10. Being comfortable and satisfied with our building; Some common metaphors References Index
Sommario/riassunto	Lawson guides others on the autism spectrum through the confusing map of life, tackling the building bricks of social existence one by one with humour, insight and practical suggestions. Exploring what it is like to be an adult in an alien world, she talks about how we relate to the people in our lives.