



---

Volume 63 | Issue 1

Article 37

---

5-1-2020


## Dura-Vila and Levis' "Me and my PDA: A guide to pathological demand avoidance for young people" (book review)

Esther Lang

*Assyrian Universal Alliance Foundation*

*The Christian Librarian* is the official publication of the Association of Christian Librarians (ACL). To learn more about ACL and its products and services please visit [//www.acl.org/](http://www.acl.org/)

Follow this and additional works at: <https://digitalcommons.georgefox.edu/tcl>

 Part of the [Child Psychology Commons](#)

---

### Recommended Citation

Lang, Esther (2020) "Dura-Vila and Levis' "Me and my PDA: A guide to pathological demand avoidance for young people" (book review)," *The Christian Librarian*: Vol. 63: Iss. 1, Article 37.

DOI: <https://doi.org/10.55221/2572-7478.2182>

This Book Review is brought to you for free and open access by Digital Commons @ George Fox University. It has been accepted for inclusion in The Christian Librarian by an authorized editor of Digital Commons @ George Fox University. For more information, please contact [arolfe@georgefox.edu](mailto:arolfe@georgefox.edu).

# Book Reviews

---



Dura-Vila, G. & Levi, T. (2019). *Me and my PDA: A guide to pathological demand avoidance for young people*. London: Jessica Kingsley Publishers. 144 pp. \$19.95. ISBN 9781785924651

PDA, which stands for “Pathological Demand Avoidance,” is not officially recognized by the *Diagnostic and Statistical Manual of Mental Disorders* (DSM), nevertheless, it is still widely recognized as a subtype of autism. Gloria Dura-Vila and Tamar Levi’s book, *Me and My PDA: A Guide to Pathological Demand Avoidance for Young People*, is a new addition to the growing number of books about PDA.

The primary audience for *Me and My PDA* is children of elementary and middle school age diagnosed with PDA. People who choose to read this book just to get an idea of what PDA is, would do better to read a different introductory book. The goal of *Me and My PDA* is that children with PDA not only gain a clearer understanding of how it affects them personally, but also learn how to better communicate their findings with their parents, teachers, doctors, etc.

*Me and My PDA* is divided into two sections. The first half is called “Challenges You May Struggle With.” In this section, the authors list a variety of struggles that children with PDA tend to experience. Each description includes a box next to it, so that the reader can check off the struggles that most resonate with him or her. The second half of this book is called “Your Own Strategies to Help Tackle Your Challenges.” This section goes through the different strategies that people with PDA have found helpful when dealing with their struggles. Both halves of the book provide space for the child to write and draw how he or she feels during different situations. After completing the book, children are encouraged to show their work to the important adults in their lives, so that these adults can better assist their needs.

*Me and My PDA* is Gloria Dura-Vila and Tamar Levi’s second collaboration, following the success of their similar book, *My Autism Book: A Child’s Guide to Their Autism Spectrum Diagnosis*. Because Dura-Vila is a child psychiatrist, she clearly used the knowledge that she has gleaned from her practice to write this book. Levi, on the other hand, has a degree in psychology, but primarily used her skills as an illustrator to enhance this book.

Since *Me and My PDA* encourages its readers to write and draw within its pages, it is better-suited for people to purchase this book for their own personal use, rather than for a library to purchase it. Additionally, although adults with PDA can glean information from this book, its easy readability, generous illustrations, and lack of bibliographies clearly make it a children's book.

**Reviewer**

Esther Lang, Assyrian Universal Alliance Foundation