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Purkis and Mastermans' "The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens" (book review)

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Book Reviews



Purkis, Y., Masterman, T. (2020). *The awesome autistic go-to guide: A practical handbook for autistic teens and tweens*. London: Jessica Kingsley Publishers. 108 pp. \$17.95. 9781787753167

This book is, as its sub-title suggests, a handbook for autistic teens and tweens. The writing style is appropriately geared to those age groups and is accessible without being too simplistic. Each section has an activity, with thought-provoking questions, and space for writing in the book. The book also contains helpful examples from the lives and thoughts of real autistic young people, which greatly adds to its authenticity, and includes examples of characters from TV who are or may be autistic (pp. 34-37). The two authors are also autistic, and they are intimately familiar with the terms and issues that they discuss. Of help was the section on meltdowns and shutdowns (p. 55), in the chapter on “Why Being You Can Sometimes be Hard. Advice on coping with struggles can be found in the chapter “Some Ways to Make Life Easier.” The authors also encourage their readers to be proud of whom they are and point out ways that having autism is awesome.

A word of caution is for the conservative reader. In the chapter “Growing Up to be True to You,” the first section is on gender diversity, including positive affirmations about being trans and gender diverse. However, most of the book provides very helpful and practical information.

Reviewer

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