



Volume 64 | Issue 2

Article 32

12-1-2021

Shaul's "Our Brains are like Computers!: Exploring Social Skills and Social Cause and Effect with Children on the Autism Spectrum" (book review)

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Recommended Citation

Wilson Hanson, Susanah J. (2021) "Shaul's "Our Brains are like Computers!: Exploring Social Skills and Social Cause and Effect with Children on the Autism Spectrum" (book review)," *The Christian Librarian*: Vol. 64 : Iss. 2 , Article 32.

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Book Reviews



Shaul, J. (2021). *Our brains are like computers!: Exploring social skills and social cause and effect with children on the autism spectrum*. London: Jessica Kingsley Publishers. 80 pp. \$27.95. 9781787759886.

The author, Joel Shaul, is a Licensed Clinical Social Worker and provides services to at least one school that specializes in dealing with children on the autism spectrum. There are many illustrations and even copiable worksheets with the last 20 pages being games and other activities. The book compares one's brain with a computer and its concepts to help autistic children, especially preteens, to understand how their brains work. Chapter titles include Other People's Thoughts are Important, What People's Brains Think About, What Computers and Brains Remember, the Network of Minds and People's Thoughts about You, and Exploring Other People's Likes and Dislikes. Both positive and negative examples are used within the book; for example, why someone might remember something good about another person or why they may remember something unpleasant. There is an emphasis on how people react and relate to each other.

As with all analogies, if one is not familiar with the compared item, it provides little additional help. Thus, this book would likely be most helpful to students with autism who are very familiar with the workings of computers.

Reviewer

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