



Press Release

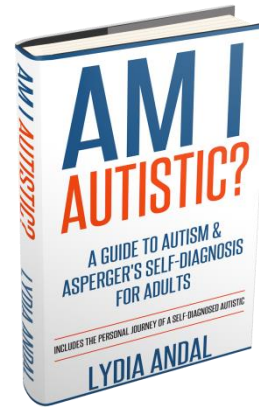
Non-Fiction Paperback: £9.99 / \$16.99

Publication Date: 1st December 2015

UK & US Distribution / Worldwide Shipping

Category: Self-help / Health / Psychology

AM I AUTISTIC?
*A Guide to Autism &
Asperger's Self-Diagnosis
for Adults*
By
LYDIA ANDAL



What others are saying about AM I AUTISTIC?
A Guide to Autism & Asperger's Self-Diagnosis for Adults.

"Love the first chapter in Andal's book which describes all the undiagnosed autistic people who have good employment. You need to read the first chapter to see how people on the spectrum are contributing greatly to society."

– Temple Grandin, author 'The Autistic Brain'

"Acquiring a professional diagnosis of autism is a highly complex procedure and this well researched book is one of the first of its kind in informing people of an alternative – the little known area of self-diagnosis for autistic adults. Lydia explains what autism really is, how to self-diagnose as well as the pros and cons of self-diagnosis with exceptional articulation. Highly recommended"

– Michael Barton, author 'It's Raining Cats and Dogs: An Autism Spectrum Guide to the Confusing World of Idioms, Metaphors and Everyday Expressions'

"At last someone in the UK who has written a positive book about autism. Usually Potential Plus UK is on its own in asking for greater focus on the things autistic people CAN do and not just on what they can't. Whilst Lydia's own journey will, by its nature, be very personal to her, it will make readers think of autism in a different way. I will make sure I pass on details of 'Am I Autistic' to our staff, volunteers and in particular our members, many of whom recognise traits like this in themselves when they come to us about their children"

– Denise Yates, Chief Executive, Potential Plus UK charity for high learning potential (gifted and talented) children and their families

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AM I AUTISTIC? Is a new style of self-help book; as well as taking the reader through a step-by-step guide to autism self-diagnosis, **AM I AUTISTIC?** also looks at the wider issues that contribute to the traditional view of autism and how this can impact the self-esteem of the autistic person.

WHO IS THIS BOOK FOR?

- This is a guide to autism for adults who think they might be autistic and would like to learn more about autism and the road to self-diagnosis and/or the **UK & US** formal diagnosis process from the view of an autistic person.
- This is also a guide for the family members/partners/work colleagues and friends of adults who they suspect might be autistic or a 'bit' autistic.
- Those who are already clinically diagnosed as autistic can also find out more about the origins of the clinical view of autism as well as the challenges and strengths of being autistic.

WATCH THE PROMOTIONAL VIDEO

You can watch the animated 60 second explainer video online at www.amiautistic.com



ABOUT THE AUTHOR

Lydia Andal is an autistic British Journalist/Author and Advocate who works to promote a more balanced view of autism. Lydia has a 2:1 Hons Degree in Business & Entrepreneurship and founded a niche career management agency which operates nationwide and has supported over 2,000 clients to date.

Editing & Writing Credits include: Editor of *The New Idealist* magazine: magazine.thenewidealists.com and ShortStorySunday.com. Contributor to 'Being Autistic' (Released July 2015, AutAngel).

LATEST DIGITAL EDITION SALES RANKINGS (SEPTEMBER 2015)

Since its release in April 2015, the Digital Edition of "*Am I Autistic? A Guide to Autism & Asperger's Self-Diagnosis for Adults*" has been ranked:

- #3 Bestselling book in the 'Mental Health' category in the Kobo store
- #6 Bestselling book in the 'Physician & Patient' category of the Amazon Kindle store
- #10 Bestselling book in the 'Medical Diagnosis' category of the Amazon Kindle store

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The Author's Independent Publishing Company New Idealist Limited is now preparing a full launch of the Print Edition in the UK & US on 1st December 2015. To request a copy of the digital or print edition, a press photo or arrange an interview please contact publishing@amiautistic.com / Tel. +44 (0) 161 731 0079 or submit your request online via <http://amiautistic.com/press/>