

Asperger Syndrome and Alcohol: Drinking to Cope?

By Matthew Tinsley, Sarah Hendrickx

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Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems.

Utilising their professional and personal experience, the authors provide an overview of ASDs and of alcohol abuse, and explore current knowledge about where the two overlap. Tinsley explores his own personal history as someone with an ASD who has experienced and beaten alcohol addiction. He discusses how the impact of his diagnosis and his understanding of the condition played a huge part in his recovery, and how by viewing his life through the prism of autism, his confusion has been replaced by a greater understanding of himself and the world around him.

This inspiring book on an under-researched area will be of interest to professionals working with people with ASDs, as well as individuals with ASDs who may be dealing with alcohol or substance misuse, and their families.

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Editorial Review

Review
A concise, direct, soul-bearingly honest book part-written by a recovering alcoholic who only discovered that he had Asperger's syndrome once his recovery had begun...I found this a deeply moving book, partly because of the harrowing depiction of someone suffering in the tertiary stage of alcohol abuse byt, I think, mostly because of the unconditional love shown to him by his family and friends no matter how badly behaved nor how inconsiderate he was. -- Asperger United Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can releive the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. -- BILD We both highly recommend this very readable and thoughtful book to all health and social care professionals - it is a gift to prefessionals and carers who want to understand and to work more effectively. -- Professional Social Work This book provides an overview of the very under-researched subject of autism and alcohol abuse. -- National Autism Society

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A concise, direct, soul-bearingly honest book part-written by a recovering alcoholic who only discovered that he had Asperger's syndrome once his recovery had begun...I found this a deeply moving book, partly because of the harrowing depiction of someone suffering in the tertiary stage of alcohol abuse byt, I think, mostly because of the unconditional love shown to him by his family and friends no matter how badly behaved nor how inconsiderate he was. (Asperger United)

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We both highly recommend this very readable and thoughtful book to all health and social care professionals - it is a gift to prefessionals and carers who want to understand and to work more effectively. (Professional Social Work)

This book provides an overview of the very under-researched subject of autism and alcohol abuse. (National Autism Society)

About the Author
Matthew Tinsley has a degree in Modern Languages and spent his entire professional life working in the sphere of specialist bookshops. After many years struggling with alcoholism and two failed marriages, he overcame his addiction. Matthew believes this is largely due to his self-awareness of his autistic condition, together with Cognitive Behavioural Therapy. He is currently living in Brighton, where he aims to help spread awareness of the problems faced by those with Asperger's Syndrome. Sarah Hendrickx works as a freelance trainer and consultant in autistic spectrum conditions through her own consultancy, Hendrickx Associates. She provides professional training, Expert Witness and employment consultancy to organisations and coaching to individuals, families and couples. She is the author of several books on Asperger syndrome published by Jessica Kingsley Publishers as well as the co-author of Asperger Syndrome – A Love Story

written with her partner Keith, who has been diagnosed with AS.

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Janelle Smith:

The knowledge that you get from Asperger Syndrome and Alcohol: Drinking to Cope? may be the more deep you searching the information that hide inside words the more you get interested in reading it. It doesn't mean that this book is hard to be aware of but Asperger Syndrome and Alcohol: Drinking to Cope? giving you enjoyment feeling of reading. The author conveys their point in particular way that can be understood by anyone who read it because the author of this book is well-known enough. This book also makes your current vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having this kind of Asperger Syndrome and Alcohol: Drinking to Cope? instantly.

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