

HARD-WON INSIGHTS ON TRANSITIONING INTO ADULthood



Author, speaker, and autism advocate Jesse A. Saperstein knows a lot about living with Asperger's. Diagnosed at the age of fourteen, Jesse has struggled, triumphed, flubbed, soared, educated, and inspired. Along the road to adulthood, he has learned many lessons the hard way. In this honest and engaging book, he offers a guided tour of what he's learned about getting along with others, managing emotions, succeeding in school and work, building relationships, and more. Among the topics covered are:

- Avoiding the pitfalls of inertia and time wasters
- Surviving the world of online dating
- Serving as a role model to the next generation
- Navigating the challenges of college
- Understanding how others perceive you (even if they're wrong)
- Maintaining employment (even if your options are not ideal)
- Confronting memories of bullying and showing mercy toward yourself

Heartfelt, insightful, and generous, this book will enlighten and inform readers, whether they are on the autism spectrum or not.

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GETTING A LIFE WITH ASPERGER'S

Lessons Learned on the Bumpy Road to Adulthood

JESSE A. SAPERSTEIN

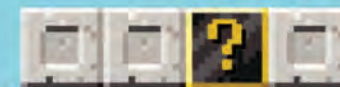


"Jesse Saperstein's straightforward, frank advice on the methods he used to make a successful transition to adulthood makes this book essential reading for individuals with Asperger's or high-functioning autism."

—Temple Grandin, PhD, author of *The Autistic Brain*

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*Lessons Learned on the
Bumpy Road to Adulthood*



JESSE A. SAPERSTEIN
Author of *Atypical*

