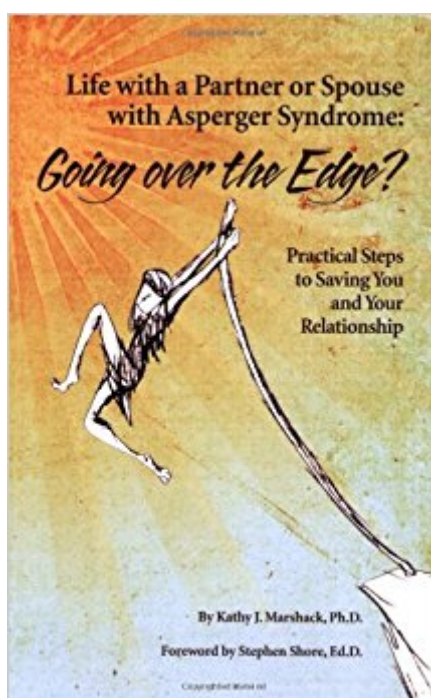


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# Life With A Partner Or Spouse With Asperger Syndrome: Going Over The Edge? Practical Steps To Savings You And Your Relationship



## Synopsis

Delve into the dramatic impact Asperger Syndrome can have on the complex world of adult interpersonal relationships. Psychologist Kathy Marshack shares poignant true stories based on her own life and the lives of her clients, focusing on how partners/spouses of someone with AS can take back their own life and find true meaning and happiness. The author discusses these sensitive issues and shows readers how to take control of their lives and grow away from dysfunctional behavior and dysfunctional relationships. Each chapter closes with a series of Lessons Learned that recap the main points of the chapter and offer new ways to look at these very unique challenges.

## Book Information

Paperback: 176 pages

Publisher: Autism Asperger Publishing Company; F First Paperback Edition Used edition (March 27, 2009)

Language: English

ISBN-10: 193457547X

ISBN-13: 978-1934575475

Product Dimensions: 0.5 x 5.8 x 8.8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 43 customer reviews

Best Sellers Rank: #135,885 in Books (See Top 100 in Books) #65 in Books > Education & Teaching > Schools & Teaching > Special Education > Behavioral Disorders #103 in Books > Travel > Europe > Great Britain > General #1179 in Books > Education & Teaching > Schools & Teaching > Certification & Development

## Customer Reviews

This book may be difficult and challenging to read at times ... However, the knowledge gained from the examples and practical tips throughout the book will promote a more solid and satisfying union between two people. --Stephen M. Shore (added by author)Going over the Edge? is a powerful illustration of the complexities of intimate relationships between individuals with autism spectrum disorders and their neurotypical partners. Dr. Marshack brings great clarity to the dynamic influences that shape these relationships ... for better or for worse. She has brought stature to a voice from the autism community that has been waiting to be heard. Many family members and partners will appreciate the cathartic nature of her work, and professionals will find a depth of insight and feeling that is rarely articulated so well. Pay attention to every word of this book. There is

nothing else like it! --Sherry A. Moyer, B.S., Asperger Syndrome consultant, NHS Human Services, Pennsylvania  
With vivid examples drawn from years of professional practice and life experience, Dr. Marshack expertly guides the reader towards success in marriage when Asperger Syndrome is present. Full of practical tips, the major lesson learned from this book is that learning to interface between the different operating systems of spectrum and non-spectrum partners leads to better communication with greater mutual understanding and satisfaction. Highly recommended to all seeking to learn more about Asperger Syndrome and long-term relationships. --Yi Liu Shore

Kathy J. Marshack, Ph.D., is a licensed psychologist with more than 25 years' experience as a marriage and family therapist and business coach. Dr. Marshack has written two previous books, a variety of articles and a family business column, and is a contributor to the nationally acclaimed *Sixty Things to Do When You Turn Sixty*. She has been profiled by national and local media, such as CNN, the Lifetime Channel, USA Today, and National Public Radio.

I'm hesitant to not give a 5 star rating for a book, however, this book did not meet my expectations. I was hoping for more of an instructional book on how to live successfully with an Aspie spouse. Instead, this was more of a collection of stories - which - for some people might be validating and motivational, but for me, it wasn't. Out of 14 chapters, only two, at best, offer specific steps one can take to improve the relationship. If anything, this book made me less hopeful for a change.

This book doesn't always paint a pretty picture of what life is like for an NT married to an AS partner, but it is extremely validating. I am an NT wife married to an AS husband. Our marriage has been on the brink of divorce many times, and it is extremely confusing why the simplest things are so difficult when we both have the same goals for our family and we love each other. It just shouldn't be this hard. This book explains why that is. He has read this also. Although he doesn't feel the same way I do, or identify with my feelings, he understands how he has been controlling, selfish, insensitive, and even abusive (if the AS partner is unwilling to acknowledge and address abuse and/or emotional abandonment of his/her spouse or children, if these issues are present, the marriage should end immediately). I also now understand why I have taken many of his actions personally when I should not have, because they are a result of AS, not his lack of caring. Although the news isn't always good, and I know I will have to drastically change what my idea of a fulfilling marriage would be in order to stay with him, I can know what to expect (what might improve due to awareness and therapy on his part) and what I will have to live with if I choose to stay. I am thankful

for this book.

This book was really helpful in a number of ways. Very few books on Asperger's Syndrome focus on the spouse or partner of such a person, and the challenges they have to deal with. So, the first thing this book did was relieve guilt and self-doubt. It's not me - it really is him. Kathy's book was a tremendous help in better understanding of how my Aspie's brain functions, what his limitations are and how to work with his very limited coping skills without going nuts myself and taking on all the negative energy. The check list at the end of each chapter is very useful. This book also helped on another level. I could read the case studies/stories and in most cases say, "Holy crap! At least my husband isn't THAT bad!" I realize that may not be case for all readers, but in my case, the contrast was somewhat comforting. It also provided that all-important blueprint for action. It's one thing to recognize the problem. It's quite another to have a game plan for either resolution or dissolution. I would also add that, while I have read several books in which the author invites reader feedback (and to which I have actually given reader feedback), Kathy Marshack is the only author who has ever responded. That's speaks volumes for this author who has a genuine concern for us spouses of Aspies.

Firstly. I am a NT female married to AS male. 27 years. I knew immediately his problems were complex but the road to AS discovery is like blindly driving down a road. I cannot tell you how many books I have read or who the authors were, because when your dealing with AS on a daily basis the last thing you prioritize is a "duly noted" recognition. Dr. Marshack's book is something you will want to keep and refer back too. If your a beginner dealing with AS, or if your seasoned and still sane, this book is a bible. You will find insight when you read it whole and even more insight days or weeks later. I have referred back many times to establish a grounded feeling that I desperately need. The validation is there and it's enjoyable reading a passage that you feel like you wrote yourself, however, there are "cubby holes" throughout the book that will give you clarity at any given time and that's why it's important to hang onto this book. As a seasoned AS spouse, when you think you have it figured out, the rules change and your left feeling like you were off mark. This book is not to help the AS person first, this book helps the caregiver, which acts as a catalyst to the AS person. Dr. Marshack shows that understanding of the disorder is key and the effects AS has on the caregiver can be alarming. I know many people want a quick fix, with step by step instructions, but to me that is the same as saying "I want real advice on how to make my quadriplegic spouse walk better." AS is permanent, but beating a dead horse just wears you out. On another note: I have an

aggressive AS spouse, so I believe this book helps me even more. Our son (now grown) has AS but he has more passive traits. He is much easier to help with less rigidity.

I had a tough time getting through this book and, while there are elements to the patient's stories Dr. Marshack shares that were very relatable to my own, the overall tone of the book was darker and less productive than what I was looking for. I am posting a review to just say, if you're working through how to cope with a recent diagnosis of aspergers in your family, starting with another, more workbook oriented text might be a good option. I am so grateful this was not the first book I read since my partner's diagnosis. There are lots of things Dr Marshack discusses that I agreed with, the overall tone of the narrative was just more negative than I was hoping for / I've found a lot of comfort and forward moving momentum from other books that explore what is really happening in the aspie and neurotypical mind when communication breaks down.

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