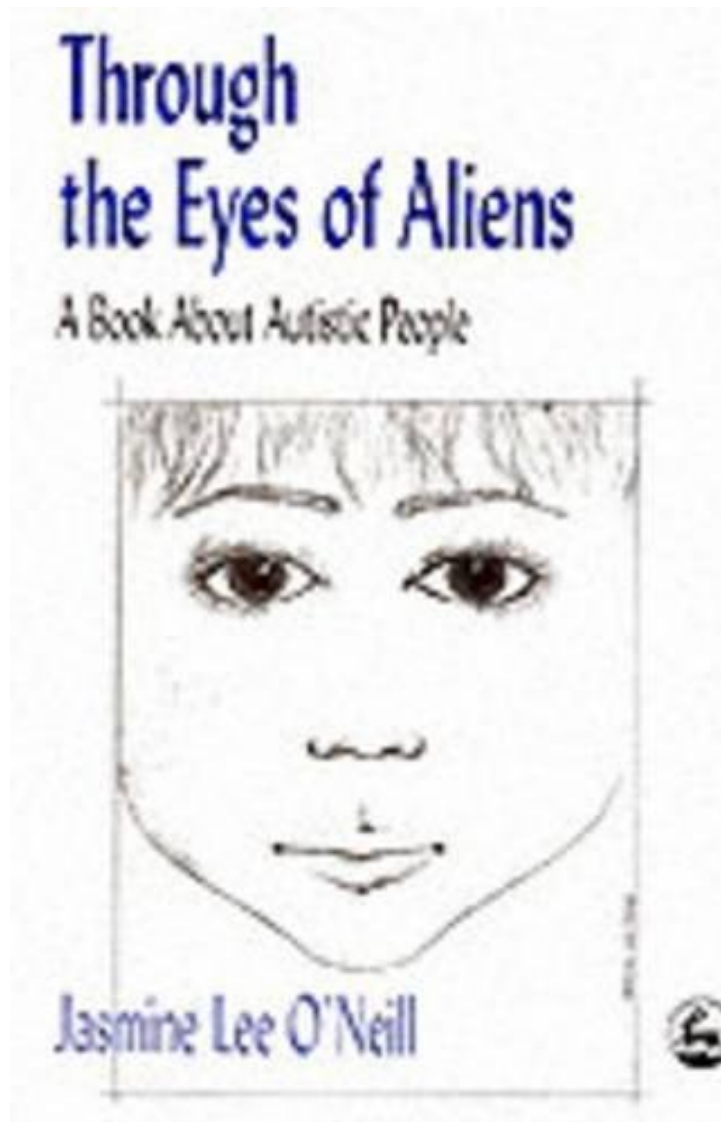


(Mobile book) Through the Eyes of Aliens: A Book about Autistic People

## Through the Eyes of Aliens: A Book about Autistic People

*Jasmine Lee O'Neill*

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**Jasmine Lee O'Neill : Through the Eyes of Aliens: A Book about Autistic People** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Through the Eyes of Aliens: A Book about Autistic People:

56 of 59 people found the following review helpful. finally, autism seen as beautifulBy A CustomerFinally, there is a book written which describes autism as positive, as something beautiful. I am autistic, and have been waiting a long time for someone to say, in print, that I am acceptable as who I am. In a world where autism is usually (even by many

autistics) considered a "defect", this is highly unusual and highly necessary. O'Neill explains autism as not meaning that a person is defective, but about being a different kind of person. She says that autistic people should not be forced to appear like non-autistic people, and that we should be respected as our own people. She even states, in her chapter on communication, that autistic people should never be forced to speak. This affected me personally, because speech is very difficult for me, and I had always been told that it was the best and only way to communicate. She talks very poetically about the beauty of living as an autistic, a beauty which I have never before seen so well described in words. In her epilogue directed toward autistics, she urges autistics to not forget who they are, and to take pride in who they are and in being autistic. This is a very important message, because autistics are told from almost all other sources that there is something wrong with us. I now carry this book everywhere with me. It is the only concrete object I have which tells me that it is good to be autistic -- good to be myself. This book is very important, because it says that autistics have a right to be who we are, and a right to be autistic, unobstructed by "therapies" which seek to make us look more normal. It eloquently captures the beauty inherent in autism, like nothing else I have read.

39 of 41 people found the following review helpful. Praise from another author

By Edgar R. Schneider

As an autistic man myself, with a published autobiography, I should like to take this opportunity to recommend, in the strongest possible terms, this, another book from Jessica Kingsley Publishers. It is "Through the Eyes of Aliens" by Jasmine Lee O'Neill. I had ordered a copy for myself because, I must admit, the title fascinated me. (It correlated with a major point that I made in my own book.) It turned out to be the most rewarding purchase I have made in I don't know how long. In reading it, I was, at first, conscious of many differences in the view of autism between her and me. Then, as I read on, I realized that it was a difference only in perception, not in substance. We saw the same thing, but from different standpoints. Yet, although we had written independently (I had never heard of her until I saw her announcement in the catalogue next to mine), my mind boggled at how many of the same observations we made, even, at times, to using the same words. Our writing styles may be quite different, but I attribute that to the fact that, whereas I am a mathematician, she is a poet. I tend to do a logical development of ideas to get to a point, and I categorize a great deal. I seem to ask, "Where might I be wrong? If so, show me." Her approach is much more intuitive, but she often makes a point (very briefly, through her choice of words) that I go through substantial analysis to make, but she does so in a more vivid manner than I could. A typical response to her might be, "Who couldn't agree with that?" On more than one occasion, my response was the greatest adulation that one writer can give to another: "I would have loved to have written that." Another difference of note is that my realization of being autistic is something I have come to quite recently, while she seems to have always known of that in herself. I often talk of my discovery as being "liberating". However, that is mostly in finding out why I could never find the right size round hole for myself, and, as a result, at long last, of being able to start digging my own square hole. She obviously experiences a joy in being as she is, in a way that I might not have enough years left to achieve. She also, unlike myself, has been able to develop many specific nuts-and-bolts suggestions on how the non-autistic (especially parents) can and should relate to the autistic, while I mostly deal in overviews and generalities geared to giving insights (which is a specialty of the mathematician), leaving such details to the parents themselves. A major point that she makes, better than anyone, is that autistic people have the capability of making their lives beautiful, if they are only allowed to be what they are. I should like to wrap this up by saying a bit more about her approach and about her writing style. First, her book is not autobiographical. Mine had to be, because I related my discovery to previously unexplained things in my past life. Yet, in reading many of the things that she wrote, I was able to increase my insights into myself. In addition, from the feedback that I have gotten from the parents of autistic kids, my book has helped to put their minds at ease about their kids. Her book should put their hearts at ease. For those involved with autistic people, or those who simply want to know more about this misunderstood disability, Jasmine's book is required reading.

0 of 0 people found the following review helpful. A true MUST-READ book!

By RunningTooSlow

I have given this book to a lot of parents of autistic kids. Written by a non-verbal autistic woman, this gives insights to why autistic people do what they do, from lack of eye contact to meltdowns, this book makes it all make sense. As you know, autism is a SPECTRUM DISORDER, which means that the outward appearances can look wildly different from one person to another. The nice thing about this book is that it's topic is what's happening on the INSIDE, which is somewhat universal. While a regressive autistic person might have a full-blown, violent meltdown and the Asperger child might merely be agitated, the INSIDE reactions are the same and have the same triggers. This explains all of this. That being said, it's also short and very easy to read. If you love someone with autism, you MUST read this book.

This is a rich and positive description of how it feels to be autistic and how friends, family and the professionals that work with autistic people can be more sensitive to their needs. Jasmine Lee O'Neill, autistic herself, perceives the creativity, imagination and keenly-felt sensory world of the autistic person as gifts. She argues that 'normalizing' autistic people - pushing them into behaving in a way that is alien to their true natures - is not just ineffective but wrong. In this vivid and enjoyable book, she challenges the reader to accept their difference and to celebrate their uniqueness. The book contains a wealth of insight into the autistic world and the author covers all the main topics of most concern for people with autism. She identifies the reasons for particular characteristic behaviour and is both clear

and sensitive about whether, and if how so, the autistic person should be encouraged to adapt such behaviours. Drawn from her own experience, she has many suggestions for ways in which the 'normal' world can shape itself to work around the behavioural characteristics of autistic people. Her book is for anyone who is interested in learning more about autism, including families and friends of autistic people, doctors and therapists, and all those who work with them. It will also prove a source of inspiration to autistic people themselves.

This is such a lovely, strong, positive look at the autistic experience. It is practical and well informed, realistic and yet inspirational. -- Asperger Information.net This book is no less than an inspiration. The author, Jasmine Lee O'Neill, is severely autistic and does not use spoken language. However, she writes and draws delightfully and has a sense of her own worth and of her particular place in the world which many so-called 'normal' people would be hard put to equal. The author draws us into her inner world and explains the threatening and confusing nature of the outside world for a young autistic child. We are given insight into their often overwhelming emotions and sensory sensitivities. The whole book is suffused with gentleness and of respect for the autistic person's difference. There is also the understanding that it can be difficult for parents, particularly during the teenage years. I do not agree with everything Jasmine Lee O'Neill says. I do for instance believe that people with autism do need to some degree to learn to adapt to an alien world. However, the plea for acceptance of people who are different is one that desperately needs to be heard. Do read it, especially if you feel that people with autism should be changed into what they are not. Your perceptions may be altered. -- ALAS She offers a rich and very positive description of her experiences as a person with autism and how friends, family and the professionals who work with autistic people can be more sensitive to their needs. Rather than focusing on the frequently described negative deficits of autism, she argues that 'normalizing' autistic people - pushing them into behaving in a way that is 'alien' to their true natures - is not just ineffective but wrong. Jasmine challenges the reader to accept their difference and to celebrate their uniqueness. The book contains a wealth of insights into the autistic world and touches on all the main topics of concern for people with autism. She identifies the reasons for particular characteristic behaviour and how the autistic person should be encouraged to adapt such behaviours. -- Keynotes Jasmine is an intelligent, creative, mute autistic, who introduces us to the complexity of autism - the individuality, self-absorption, intensity and paradox. In a simple, clear and easy-to-understand style, she covers specific topics including emotions, communication and language, the teenage years and special traits. Throughout Jasmine presents the positive aspects of autism whilst acknowledging the enormous challenge of the outside world to people with autism. Jasmine describes with enthusiasm the joy than can be found in the special gifts that are part of the autistic personality and explains the confusion and distress that can be caused to people with autism by the chaos of the world and lack of understanding. Jasmine challenges us to see autism not as an illness or as a fault but as a uniqueness of personality which should be valued and respected for its strengths. She invites us to change our perception of autism and to accept and embrace its beauty and difference. -- British Journal of Occupational Therapy Jasmine Lee O'Neill is autistic and proud of it. This very positive attitude permeates her book and in it she provides a spirited defence of autism and rejoices in the quirks that make people what they are. She is realistic and down to earth and well-informed on current thinking. O'Neill's main argument is against the need to "treat" autism. Professionals have much to learn from her in this respect. She provides general and specific ideas and information for intervention. The chapters on sense organs and on relationships are particularly useful. She ends the book with a stirring epilogue written to her "fellow autistics" urging them to revel in their autism, accept their differences and open up to opportunities available to them through these very differences. Ms O'Neill's refreshing insightful viewpoint expressed in this book makes it another postcard from the edge in the tradition of those from Temple Grandin and Donna Williams, but with a joyous twist. -- Therapy Weekly This is such a lovely, strong, positive look at the autistic experience. It is practical and well informed, realistic and yet inspirational. (Asperger Information.net) This book is no less than an inspiration. The author, Jasmine Lee O'Neill, is severely autistic and does not use spoken language. However, she writes and draws delightfully and has a sense of her own worth and of her particular place in the world which many so-called 'normal' people would be hard put to equal. The author draws us into her inner world and explains the threatening and confusing nature of the outside world for a young autistic child. We are given insight into their often overwhelming emotions and sensory sensitivities. The whole book is suffused with gentleness and of respect for the autistic person's difference. There is also the understanding that it can be difficult for parents, particularly during the teenage years. I do not agree with everything Jasmine Lee O'Neill says. I do for instance believe that people with autism do need to some degree to learn to adapt to an alien world. However, the plea for acceptance of people who are different is one that desperately needs to be heard. Do read it, especially if you feel that people with autism should be changed into what they are not. 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