

TITLE: My Life on the Autism Spectrum: Misunderstandings, Insight and Growth

AUTHOR: Cohen, Tracey

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Several years ago, Tracey Cohen, a Michigan native, wrote Six Word Lessons on Female Asperger Syndrome, which I reviewed and found so helpful to so many. Now, she has a new entry almost out of the gate: My Life on the Autism Spectrum: Misunderstandings, Insight and Growth. This is a more thorough look at her life from childhood when she was placed in an institution and other issues she had to contend with into adulthood.

Tracey writes about her struggles with an undiagnosed disorder for many years with its attendant difficulties with sensory processing including not liking to be touched, sensitivity to odors, and much more. She describes her difficult journey through life with a number of jobs after getting her degree from the University of Michigan. She was finally diagnosed with ASD at the age of 39 which was a revelation to her and shed a brighter light on her struggles. She went ahead living her life in the most positive way she could. In the end, her salvation was running. She has competed in a number of track meets and she finally found her life's passion! Though this book is only 64 pages long, the author really packs in a lot in such a short book and you owe it to yourselves to take a look at this little gem.