



Concepts of Normality: The Autistic and Typical Spectrum

Wendy Lawson

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For those with autism, understanding 'normal' can be a difficult task. For those without autism, the perception of 'normal' can lead to unrealistic expectations of self and others. This book explores how individuals and society understand 'normal', in order to help demystify and make accessible a full range of human experience. Wendy Lawson outlines the theory behind the current thinking and beliefs of Western society that have led to the building of a culture that fails to be inclusive. She describes what a wider concept of 'normal' means and how to access it, whether it's in social interaction, friendships, feelings, thoughts and desires or various other aspects of 'normality'. Practical advice is offered on a range of situations, including how to find your role within the family, how to integrate 'difference' into everyday society, and how to converse and connect with others. Accessible and relevant to people both on and off the autism spectrum, this book offers a fresh look at what it means to be 'normal'.

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