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Glass Half-Empty, Glass Half-Full: How Asperger's Syndrome Changed My Life (Lucky Duck Books)

Chris Mitchell

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This gripping and at times astonishing story will be inspirational to all adults either facing Asperger's syndrome personally or interacting with someone who has been diagnosed.

In his own imitable style, Chris Mitchell describes his life before and after diagnosis with Asperger's syndrome. We follow Chris through primary and secondary school, where his lack of social interaction and anger continually landed him in trouble, and where he was bullied for being different. Only his excellent memory and specialist interests enable him to continue, and pass his GCSEs and a GNVQ in Media Studies.

At university, studying Journalism, he was diagnosed with Asperger's syndrome. Suddenly his life made more sense, and his self-awareness meant his self-confidence returned, resulting in world travel, a Masters qualification and finally, acceptance.

Chris Mitchell was diagnosed with Asperger's syndrome in 1998 when he was 20 years old. He has since achieved an MA (Hons) in Information and Library Management. Based in Sunderland, he is an advocate for Asperger's syndrome and speaks at many public events about the condition.

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Barbara Hall:

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