Joanna L. Keating-Velasco: *In His Shoes: A Short Journey Through Autism*

Autism Asperger Publishing Co., Shawnee Mission, Kansas, 2008, 147pp,
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As autism awareness increased in the past decade, partially due to increase in prevalence and partially due to better diagnostic measures, so did the number of publications attempting to expose the general public who do not have a first hand experience with individuals diagnosed with Autism Spectrum Disorders. In these 147 pages, the author provides an introductory view to the challenges surrounding autism. The author targets audiences who are both school personnel (teachers, teacher's aides, and neurotypical students) as well as the general public who have had little or no exposure to individuals on the Autism Spectrum.

In His Shoes tells the story of Nicholas, a 13 year old male diagnosed with autism who attends his first year of middle school. The author describes the challenges, difficulties, and the innovative ways in which Nicholas, his family and the community at school addresses a variety of issues related to his developmental stage of adolescence. The book discusses matters pertaining to food intake, vocational preparation, siblings' interactions, school changes, bullying at school, and the stigma associated with the stereotyping behavior of individuals diagnosed with autism. Moreover, the book uncovers the family's difficulties internally and in relation to the environment.

Readers of this book will benefit from "Points to Ponder" at the end of each chapter as well as a "Glossary of Terms" at the back of the book, providing them with a

better understanding of terminology related to Autism Spectrum Disorders. The book incorporates some suggestions for school personnel as well as parents on how to enhance the social functioning of the individual diagnosed with Autism Spectrum Disorder. In addition, the book uses at a significant number of places opportunities for the neurotypical to self-reflect about what it is like to live with an autism related disorder. As a piece that is primarily intended to increase awareness of autism, the author has incorporated in several locations tools for self-reflection regarding explaining autism and its symptoms to children and adults who are unfamiliar with the diagnosis and its features.

The text is a basic and introductory text for those individuals who are working in settings where there is a strong likelihood they will encounter individuals diagnosed with autism spectrum disorders as well as the general public who is interested in gaining some knowledge and understanding about what it is like to live with an autism spectrum disorder. The author is an individual who is working diligently to increase autism awareness. Moreover, it is through her professional experience that she was able to compile the different scenarios in this book. Although, I personally enjoy the more scientific publications, I was able to appreciate the unique manner in which the author conveyed this enigmatic disorder called autism.

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