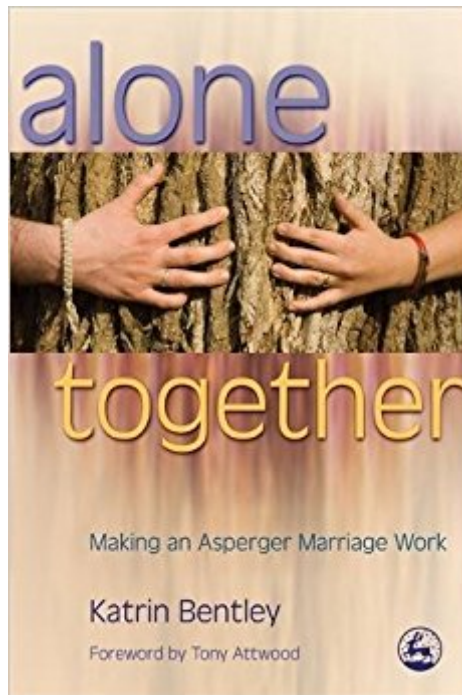




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# Alone Together: Making An Asperger Marriage Work



## Synopsis

Communication is one of the biggest challenges faced by people with Asperger's Syndrome (AS), yet an Asperger marriage requires communication more than any other relationship. Thousands of people live in Asperger marriages without knowing the answers to important questions such as 'What behaviours indicate that my spouse has AS?' 'Is it worthwhile to get a diagnosis?' 'Is there hope for improvement?' Katrin Bentley has been married for 18 years. Since receiving her husband's diagnosis of AS, their marriage has improved substantially. They learnt to accept each other's different approaches to life and found ways to overcome problems and misunderstandings. Today they are happily married and able to communicate effectively. Alone Together shares the struggle of one couple to rescue their marriage. It is uplifting and humorous, and includes plenty of tips to making an Asperger marriage succeed. This book offers couples hope, encouragement and strategies for their own marriages.

## Book Information

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## Customer Reviews

This book could change your relationship and your life. -- Tony Attwood, author of The Complete Guide to Asperger's Syndrome A really honest and accurate account of what it is like living in a relationship with a man who is affected by Asperger syndrome. There will be something in this book for any one living in such a relationship and it will provide an invaluable guide to professionals who wish to develop their understanding of Asperger relationships. Katrin describes very honestly both the ups and downs of living with her husband Gavin and shows the difference that awareness, understanding and commitment can make towards the success of living with this complex

syndrome. -- Maxine Aston, author of *Aspergers in Love* and *The other half of Asperger Syndrome*  
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*Today*

This book could change your relationship and your life. (Tony Attwood, author of *The Complete Guide to Asperger's Syndrome*) A really honest and accurate account of what it is like living in a relationship with a man who is affected by Asperger syndrome. There will be something in this book for any one living in such a relationship and it will provide an invaluable guide to professionals who wish to develop their understanding of Asperger relationships. Katrin describes very honestly both the ups and downs of living with her husband Gavin and shows the difference that awareness, understanding and commitment can make towards the success of living with this complex syndrome. (Maxine Aston, author of *Aspergers in Love* and *The other half of Asperger Syndrome*) Katrin Bentley has been married for 18 years. Communication is one of the biggest challenges faced by people with Asperger's Syndrome yet Asperger marriages require communication more than any other relationship. *Alone Together* shares the struggle of one couple to rescue their marriage. Since receiving her husband's diagnosis of AS, their marriage has improved substantially. They learnt to accept each other's different approaches to life, and found ways to overcome problems and misunderstandings. The book includes tips on making an Asperger marriage succeed. (*Autism Us*) Bentley is lively and informative regarding life in an AS (Asperger Syndrome) household and practitioners would gain insight into the realities by reading this book. (*Therapy Today*)

Helpful book to understand an Asperger marriage, even though the book is very much a personal memoir. Asperger symptoms vary; not every Asperger marriage is going to have the same struggles as the author's marriage. However, if you want to read someone else's experience so you feel less disoriented in an Asperger marriage, it's a well worth read.

When a friend with an Aspie son pointed out that my husband's issues and selfish neglect really seemed to be due to Asperger's and not because he didn't ever love me, I bought a handful of books on the subject to educate myself. While reading this book didn't really give me hope that he would change, it DID prepare me for a situation that the author herself lived through. When I first read it, I thought, "I would never put up with that kind of behavior!", until it happened to me. One of my close friends was going through a painful divorce and suddenly she became the center of my husband's universe. He thought of every situation and how he might potentially use it to be her hero. He didn't even realize he was doing it. It was really depressing and embarrassing. But having read this book earlier, it wasn't as shocking and hurtful as it could have been. I'm so very grateful to the author for bravely sharing her experiences and letting the other wives of Aspies know that they aren't alone!

Individual and anecdotal rather than clinical. An uneven treatment, but compensates with personal investment. So it allowed me to identify big issues at intellectual and emotional levels, and served as a good intro to more abstract material. I am married to a wife on the spectrum (note the author is a woman with a husband on the spectrum). The book has aided us to whinge less (written with a smile, for that is apparently an Aussie spelling for "whine").

Found this book to be quite informative. It is more of personal experience kind of book but still allows for one to gain knowledge about others that are in the same or similar situations as those with Asperger marriages of their own. I would recommend it to others and hope you add it to your Aspie library to reference when you need it.

Remember: Three stars means it's o.k. Preface: I often notice drastically dissimilar views on AS/NT relationships that (I believe) are a result of one primary factor: Married vs. boyfriend/girlfriend--A married couple that have been married many years (often decades) that have just found out about AS, vs. an AS/NT couple that is dating or in a partnership that knew about the AS going into it, or strongly suspect it. Add children to the marriage, and you have NT partners from these two groups coming from totally different points of reference. This book focuses more on the married (w/ children) couple. Review: Can the marriage be healed from the years of 'damage'? 'Alone Together' suggests that it can. If you want personalized advice, then you are likely to be disappointed with this book. K. Bentley tells how her marriage started, continued, and where it is now after 'discovering' Gavin's

(her husband's) AS. On the front cover of the book, below the title, it states, "Making an Asperger Marriage Work". The author writes fairly candidly how she goes about doing this. There are parts that are hard to swallow (i.e.--Chapter 13. The 'Girlfriend'; Chapter 14. Dealing with Sickness). What I took away was that K. Bentley has her own deep individual reasons to stay married, and she puts a great deal of personal effort to maintain that. She knows what is involved and is willing to keep up her efforts because of her R.O.I. ('return on investment', basically what she gets back in return for her labors.) Vacations and recreational sports with tennis, golf, skiing, etc. seem to play a role in their success together. Obviously, this couple is physically active, and that helps Gavin especially. Katrin has found strategies that work for them, you may need to find your own that work. If you are looking for advice on an AS/NT relationship and find Katrin's approach a 'sad story', let me know when you find a 'nice, pleasant story' of what worked for an AS/NT couple. If you have read Maxine Aston's 'The Other Half of Asperger Syndrome', you will see that Katrin is applying much of what is needed in "Making an Asperger Marriage Work". If you really want your marriage to work/be saved, then this book shows in 'real life' what could be involved. Twenty-two small chapters spanning 118 page of reading. (The book totals 128 pages.) Plan to feel 'down' when reading. Easy to read, hard to digest/assimilate. I can recommend this book as long as you are reading other books on the subject for balance.

The title is so fitting - if you're married to an Aspie, you know. It seems sad that the wife in this relationship is practically a victim - she had to bear the brunt of his "illness". I really admire that she persevered and stuck with her Aspie. Maybe more documentation like this will help others to recognize the problems earlier in their relationships.

Excellent quick read that I could relate to nearly every situation she wrote about - After 35 years of marriage I'm now certain my husband has AS. He read it as well and we have been getting along much better and are digging deeper for tools to make living "alone together" easier without having hurt feelings and constant misunderstandings.

Not really informative, too much of a personal, one man's life. It was much more of a personal story than informative for others.

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