



Unemployed on the Autism Spectrum: How to Cope Productively with the Effects of Unemployment and Jobhunt with Confidence

By Michael John Carley

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Unemployment can be an isolating experience. In this much-needed book, Michael John Carley reassures readers who are unemployed and have Autism Spectrum Disorder (ASD) that they are not alone.

Offering guidance on how you can cope with unemployment in a constructive and emotionally healthy manner, Michael John Carley writes with a crucial understanding of the isolation and negative emotions that unemployment can bring about if you have ASD. He explains why so many people find themselves out of work and how it's often not their fault. Providing guidance on how to maintain your confidence and motivation, this book offers advice on how you can pursue other opportunities, such as part-time work or volunteering. The book also features advice on how to manage your finances during periods of unemployment.

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Editorial Review

Review

Unemployed on the Autism Spectrum presents a very fresh perspective on joblessness. Michael's message will help many people with ASD. -- Temple Grandin, author of *Developing Talents* and *The Autistic Brain*

Michael John Carley's brave and witty *Unemployed on the Autism Spectrum* explains in simple language how people on the spectrum can negotiate some of the trickiest aspects of a neurotypical world. Carley provides cogent advice on how to do and be what is needed in professional contexts without burying your true self and identity, and he does so with immense charm and hard-won wisdom. -- Andrew Solomon, PhD, Professor of clinical psychology at Columbia University and National Book Award-winning author of *Far from the Tree* and *The Noonday Demon*

A tremendously valuable resource, this volume addresses an important and rarely discussed issue. As with all of us individuals on the autism spectrum often face issues of employment and best approaches to finding new jobs. This volume brings considerable insight into the issue of employment for persons with Asperger's and higher functioning autism. Full of practical and useful advice, it will be an immense help to those seeking to enter the work force. -- Fred R Volkmar, M.D., Irving B. Harris Professor Child Study Center, Yale University School of Medicine Editor in Chief, *Journal of Autism and Developmental Disorders*

If you're looking for a book filled with fluffy platitudes promising an easy path toward employment for people on the spectrum, this isn't the read for you. But if you're a hopeful realist who wants counsel on how to deal with the ups and downs of unemployment (yes there are ups, as Carley will point out); encouraging guidance on how to believe in and achieve your own highest potential; pragmatic direction for building a strong background and dossier; and loads of helpful ideas for finding your way through the maze of hoops between unemployed and employed; then you have found the very book you are looking for! -- Liane Holliday Willey, author of *Pretending to be Normal: Living with Asperger's Syndrome* and *Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life*

Michael John Carley has long been a champion and respected leader in addressing quality of life and mental health needs of persons on the autism spectrum. In this book, he goes at one of the most challenging issues that is sadly all too common for spectrumites, but does so with practical advice from his first hand experiences as an unemployed autistic person, and as a support for so many others. In a highly respectful, personal and intimate manner, Michael wisely addresses the absolute priorities of emotional well-being and living a healthy lifestyle as inseparable from seeking employment. Infused with poignant quotes and anecdotes from many autistic people, this book is a call to action, and provides specific guidelines to motivate readers to take control and make positive changes in their lives. Thanks to Michael's deep wisdom and generosity, this book will help countless individuals transform their lives for the better. -- Barry M. Prizant, PhD, CCC-SLP, author of *Uniquely Human*

If you are on the autism spectrum, or care about someone who is, then you really should read this book. However, if you are among those of us diagnosed as "typical," then you NEED to read this book. Why? Because in Michael Carley will introduce you to a vast, untapped workforce of people who just may be your next essential employee and who, simply by you taking that first step toward understanding neurodiversity, may well change both your lives for the better. -- Peter F. Gerhardt, Ed.D, President, Peter Gerhardt Associates, LLC

Unemployed on the Autism Spectrum should be required reading for every person as they enter their adult lives, not just individuals diagnosed with autism. It is like having an older, worldly brother provide guidance, support and encouraging ideas as one journeys on the obstacle course to employment. Filled with facts, personal anecdotes and a unique perspective on the challenges faced by individuals on the spectrum, Michael John Carley has written a highly readable resource not only for those on the autism spectrum, but for all who seek to better understand and employ them. -- Linda J. Walder, Founder and Executive Director, The Daniel Jordan Fiddle Foundation for Adult Autism As the Executive Director & CEO of both Gateway Academy/Spectrum College Transition Program and a mother of a 23 year

old Aspie, I found Michael's perspective and insight more than enlightening. It was encouraging and informative! In my experience, the most difficult time for Aspie's is after they have completed their post-secondary education, and the thought of securing a job disables them. As someone who "walks in their shoes", Michael offers a unique perspective and understanding. We will be making this book mandatory in our post-secondary program. Thank you, Michael! -- O. Robin Sweet, Executive Director & CEO, Gateway Academy

Review

Unemployed on the Autism Spectrum presents a very fresh perspective on joblessness. Michael's message will help many people with ASD. (Temple Grandin, author of *Developing Talents* and *The Autistic Brain*)

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A tremendously valuable resource, this volume addresses an important and rarely discussed issue. As with all of us individuals on the autism spectrum often face issues of employment and best approaches to finding new jobs. This volume brings considerable insight into the issue of employment for persons with Asperger's and higher functioning autism. Full of practical and useful advice, it will be an immense help to those seeking to enter the work force. (Fred R Volkmar, M.D., Irving B. Harris Professor Child Study Center, Yale University School of Medicine Editor in Chief, *Journal of Autism and Developmental Disorders*)

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About the Author

Michael John Carley is the Founder and former Executive Director of GRASP, the largest organization comprised of adults on the autism spectrum. As the Executive Director of ASTEP, he spoke at conferences focusing on Human Resources, Corporate Diversity & Inclusion, and he conducted numerous training events and webinars for individual Fortune 1000 companies. He lives with his wife and two sons in Green Bay, Wisconsin, where he now works as a School Consultant.

Users Review

From reader reviews:

Jim Moffett:

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled *Unemployed on the Autism Spectrum: How to Cope Productively with the Effects of Unemployment and Jobhunt with Confidence*. Try to stumble through book *Unemployed on the Autism Spectrum: How to Cope Productively with the Effects of Unemployment and Jobhunt with Confidence* as your close friend. It means that it can to get your friend when you experience alone and beside that of course make you smarter than before. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know everything by the book. So , let's make new experience and knowledge with this book.

Christen Arnold:

In this 21st millennium, people become competitive in most way. By being competitive today, people have do something to make these people survives, being in the middle of typically the crowded place and notice by surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yeah, by reading a publication your ability to survive enhance then having chance to stand than other is high. For you personally who want to start reading some sort of book, we give you this specific *Unemployed on*

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Bruce Patton:

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Karen Delamora:

In this age globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The book that recommended for you is Unemployed on the Autism Spectrum: How to Cope Productively with the Effects of Unemployment and Jobhunt with Confidence this guide consist a lot of the information in the condition of this world now. This kind of book was represented how does the world has grown up. The words styles that writer use to explain it is easy to understand. Typically the writer made some investigation when he makes this book. That is why this book suited all of you.

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