



# **I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults**

*Cynthia Kim*

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What if instead of being weird, shy, geeky or introverted, your brain is wired differently? For adults with undiagnosed autism spectrum disorder (ASD), there is often an "aha!" moment--when you realize that ASD just might be the explanation for why you've always felt so different.

"I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults" begins from that 'aha!' moment, addressing the many questions that follow. What do the symptoms of ASD look like in adults? Is getting a diagnosis worth it? What does an assessment consist of and how can you prepare for it?

Cynthia Kim shares the information, insights, tips, suggestions and resources she gathered as part of her own journey from "aha!" to finally being diagnosed with Asperger's syndrome in her forties. This concise guide also addresses important aspects of living with ASD as a late-diagnosed adult, including coping with the emotional impact of discovering that you're autistic and deciding who to share your diagnosis with and how.

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