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**Untold Truths about Asperger's Syndrome Unveiled in Xlibris Self-Published Release, 'Aspie'**

*The self-published book, **Aspie: Memoirs on the Blessings and Burdens of Asperger's Syndrome**, discusses the symptoms and treatment of Asperger's syndrome, an autism spectrum disorder.*

PHILADELPHIA, PA, October 07, 2008 **/24-7PressRelease/** -- Asperger's Syndrome (AS) or High Functioning Autism (HFA) is an autism spectrum disorder that affects around 1,000,000 Americans. In the Xlibris release, *Aspie: Memoirs on the Blessings and Burdens of Asperger's Syndrome*, Dr. John Olson illustrates his ordeal with Asperger's Syndrome.

John shares his struggle with symptoms of Asperger's Syndrome, from physical manifestations to social, language and learning issues, as well as concerns of restricted interest - all of which were inherent in him until he was diagnosed with the condition at age 40.

*Aspie* shows the implications of AS for one's personal, social and work life. In this self-published book, John relates that one can lead a normal, happy life even when affected with Asperger's syndrome. He also sheds light on the fact that by knowing some of the barriers of this disorder, anyone with Asperger's Syndrome can work around them to their advantage and treat these effects significantly.

**About the Author**

Born in 1963, John Olson was diagnosed with Asperger's Syndrome, which, at that time was an uncommon disorder in the United States. He attended regular public school just like the other normal kids instead of being admitted to an institution for his special needs. John excelled academically with the help and encouragement of his teachers. In fact, he successfully obtained his Ph.D title. However, he still continues to struggle with unexplainable social behavior up until now.

Dr. Olson has worked as a statistician, college professor and high school teacher. He is currently teaching in Mesa, Arizona and doing freelance writing as well.

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