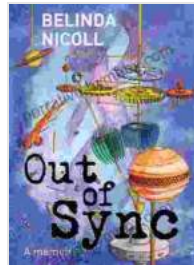


Out of Sync: The Unseen Story of Autism in Adulthood



Out of Sync by Belinda Nicoll

★★★★☆ 4.5 out of 5

Language : English
File size : 612 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 322 pages
Lending : Enabled



By Belinda Nicoll

Out of Sync is the unseen story of autism in adulthood. It follows the journey of Belinda Nicoll, a woman who was diagnosed with autism as an adult after a lifetime of feeling different. The book is a moving and inspiring account of Belinda's struggle to understand herself and her place in the world.

Belinda was always a bit of an outsider. She didn't understand social cues, she had difficulty making friends, and she was often overwhelmed by sensory input. As she got older, her difficulties became more pronounced. She lost her job, her relationships fell apart, and she began to withdraw from the world.

Finally, in her early 40s, Belinda was diagnosed with autism. This diagnosis was a revelation for her. It finally made sense of all the difficulties she had experienced throughout her life. It also gave her a new sense of hope and purpose.

In *Out of Sync*, Belinda shares her story with honesty and humor. She writes about the challenges she has faced, but she also celebrates the strengths that come with autism. She hopes that her story will help others who are struggling to understand themselves and find their place in the world.

Praise for *Out of Sync*

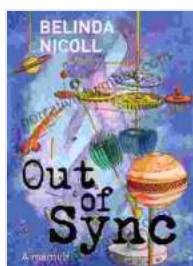
"*Out of Sync* is a powerful and moving memoir that sheds light on the often hidden world of autism in adulthood. Belinda Nicoll's story is both heartbreaking and inspiring, and it will resonate with anyone who has ever felt different or misunderstood." - Temple Grandin, author of *Thinking in Pictures*

"*Out of Sync* is an important book that challenges the stereotypes about autism and celebrates the diversity of human experience. Belinda Nicoll's voice is clear, honest, and full of hope." - Jennifer O'Toole, author of *Autism in Love*

"*Out of Sync* is a must-read for anyone who wants to understand autism in adulthood. Belinda Nicoll's story is a testament to the power of diagnosis and the importance of finding a community." - Sarah Hendren, author of *What Can a Body Do?*

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