

# Delve Deeper into *Best Kept Secret*

A film by **Samantha Buck**

This list of fiction and nonfiction books, compiled by Brandy Sanchez of the Daniel Boone Regional Library, provides a range of perspectives on the issues raised by the POV documentary *Best Kept Secret*.

*A Newark, N.J public high school teacher races against the clock to find a place in the world for her students with autism before they graduate and “age out” of a unique and caring support system.*

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## ADULT NONFICTION

**Baker, Jed.** *Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome.* Arlington, TX: Future Horizons, 2006.

Clinical psychologist Dr. Jed Baker provides guidance for those students on the autism spectrum who are preparing to graduate high school. His book focuses on the social competencies and other life skills required to transition to an independent lifestyle.

**Hall, Elaine.** *Seven Keys to Unlock Autism: Making Miracles in the Classroom.* Hoboken, NY: John Wiley, 2011. After traditional therapies failed to help her autistic son, Elaine Hall turned to the creative arts to help him overcome the challenges associated with this condition. Since then, she has helped build community among other autistic children through music, dance, acting, and storytelling.

**Koegel, Lynn Kern.** *Growing up on the Spectrum: A Guide to Life, Love, and Learning for Teens and Young Adults with Autism and Asperger's.* New York: Penguin Group, 2010. This guidebook specifically for young people provides strategies for managing autism in their day-to-day interactions. The authors

share how to maintain personal relationships, handle bullying, find employment, and develop other social skills necessary for life as an adult.

**Robinson, John Elder.** *Look Me in the Eye: My Life with Asperger's.* New York: Crown Publishing, 2007. Robinson was not diagnosed with Asperger's, a high functioning form of autism, until he was 40-years-old. In this poignant and often hilarious memoir, he shares what it was like to grow up in a time before autism was even defined by the medical community.

**Voices of Autism: The Healing Companion: Stories for Courage, Comfort and Strength.** New York:

Lachance Publishing, 2008. This is a collection of 40 heartfelt essays written by parents, teachers, and people with autistic spectrum disorders. This book showcases the strength of caregivers and those living with autism while providing a first-person glimpse into the challenges of living with a developmental disability.

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## ADULT FICTION

**Edwards, Kim.** *The Memory Keeper's Daughter.* New York: Penguin Group, 2005. When Dr. David Henry's wife goes into labor during a blizzard, he is forced to deliver his own children. He soon notices that one of the twins is born with Down syndrome. Dr. Henry sees that his daughter is secreted away and tells his wife that she has died.

**Haddon, Mark.** *The Curious Incident of the Dog in the Night-time.* New York: Knopf Doubleday, 2004. Fifteen-year-old Christopher Boone is a mathematical genius living with autism. After finding his neighbor's dead dog, he launches his own personal investigation into the matter which leads to some powerful self-discoveries.

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## NONFICTION FOR YOUNGER READERS

**Tourville, Amanda Doering.** *My Friend Has Autism.* North Mankato, MN: Capstone Publishers, 2010. This illustrated children's book explains how patience and understanding are key to all friendships.

**Verdick, Elizabeth.** *The Survival Guide for Kids with Autism Spectrum Disorders (and Their Parents).* Minneapolis, MN; Free Spirit Publishing, 2012. Written by two mothers of children with autism spectrum disorder, this book confronts real problems faced by actual children learning to manage their autism.

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## FICTION FOR YOUNGER READERS

**Lord, Cynthia.** *Rules.* New York: Scholastic, 2006. This story is told from the viewpoint of 12-year-old Catherine who is coping with her autistic brother's embarrassing behavior. However, her relationship with David allows her to reach out to a new friend with a disability and explore a new definition of "normal."

**Stork, Francisco X.** *Marcelo in the Real World.* New York: Scholastic, 2009. Marcelo Sandoval, a 17-year-old with Asperger's, must spend the summer in the "real world" working in the mailroom of his father's law firm. While forced outside of his comfort zone, Marcelo unearths a mystery and learns more about the subtleties of human expression.

