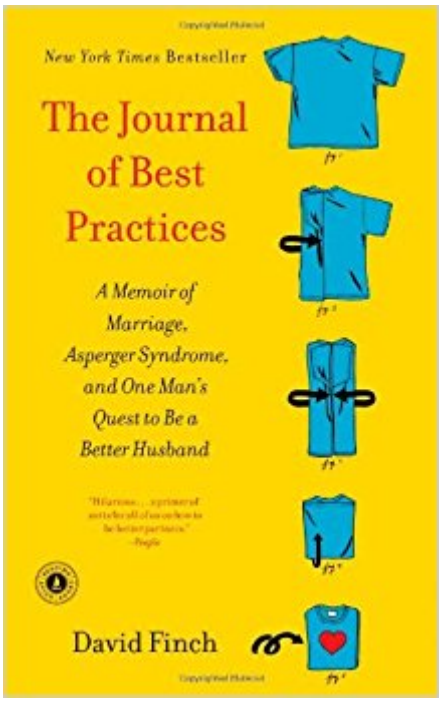
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The Journal Of Best Practices: A Memoir Of Marriage, Asperger Syndrome, And One Man's Quest To Be A Better Husband



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Synopsis

The warm and hilarious bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage.At some point in nearly every marriage, a wife finds herself asking, What the @#!% is wrong with my husband?! In David FinchÃ¢â ¬â„¢s case, this turns out to be an apt question. Five years after he married Kristen, the love of his life, they learn that he has Asperger syndrome. The diagnosis explains DavidÃ¢â ¬â„¢s ever-growing list of quirks and compulsions, but it doesnÃ¢â ¬â„¢t make him any easier to live with. Determined to change, David sets out to understand Asperger syndrome and learn to be a better husband with an endearing yet hilarious zeal. His methods for improving his marriage involve excessive note-taking, performance reviews, and most of all, the Journal of Best Practices: a collection of hundreds of maxims and hard-won epiphanies, including Ã¢â ¬Å“DonÃ¢â ¬â„¢t change the radio station when sheÃ¢â ¬â„¢s singing alongÃ¢â ¬Â• and Ã¢â ¬Å“Apologies do not count when you shout them.Ã¢â ¬Â• Over the course of two years, David transforms himself from the worldÃ¢â ¬â„¢s most trying husband to the husband who tries the hardest. He becomes the husband heÃ¢â ¬â„¢d always meant to be. Filled with humor and surprising wisdom, The Journal of Best Practices is a candid story of ruthless self-improvement, a unique window into living with an autism spectrum condition, and proof that a true heart can conquer all.

Book Information

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Customer Reviews

Ã¢â ¬Å“In relating his story, Finch is compellingly honest, a trait that works well with his self-deprecating humor. [His] ability to put his experiences on paper will no doubt help more

peopleÃ¢ ¬â •and familiesÃ¢ ¬â •understand [AspergerÃ¢ ¬â„¢s disorder]. Ã¢ ¬Å“ --Publishers WeeklyÃ¢ ¬Å“In this funny, endearing, lesson-packed memoir, Finch shows what a couple can accomplish with acceptance, forbearance, determination and love.Ã¢ ¬Â• Ã¢ ¬â • More MagazineÃ¢ ¬Å“As a science writer whoÃ¢ ¬â„¢s written about the psychology of love and affection, I was struck by the clarity and honesty that illuminate this work. Finch provides a clear and unflinching look at the ways that this disorder leaves a person struggling to navigate through the complexities of our Ã¢ ¬Å“neurotypicalÃ¢ ¬Â• social world. But he tells his story with humor, affection for others, and without self-pity. In his deep desire to be a good husband, a better father, a decent human being who connects with and care for others, Finch tells a universal tale, a fulfilling and even inspiring story of the difference that love Ã¢ ¬â œ genuinely giving love - can make in our daily lives.Ã¢ ¬Â• --Deborah Blum, author of The PoisonerÃ¢ ¬â„¢s Handbook

David Finch grew up on a farm in northern Illinois and attended the University of Miami, where he studied Music Engineering Technology. In 2008 he was diagnosed with AspergerÃ¢ ¬â„¢s syndrome. His essay, Ã¢ ¬Å“Somewhere Inside, a Path to EmpathyÃ¢ ¬Â• appeared in The New York Times and became the basis for this book. David lives in northern Illinois with his wife Kristen and two children and is still a total nerd.

Even if one doesn’t have anything at all to do with Asperger’s,doesn’t even know a person who has it, this book is a ’don’t put it down’ book.. I had seen a day time program a few weeks back and saw this married couple on the show, talking about this book. I stopped what I was doing and sat down and pushed the record buttonThe thing that drew my attention was the ’fold your shirts board’. My husband had made one years ago and I thought he was a goof ball for doing it. After listening to Mr. Finch for 2 min. I knew I had to get this book. After reading 3 pages, I knew I had a gold mine in my hands and I also knew I loved my Husband 1,000 times more than I had prior to reading the book.I started understanding so much and ’why things happens’, when they doI also learned to not give choices and to go a bit slower than my normal usual speedy rants and to not get upset when he doesn’t notice certain things and I realized his ’lack of’ whatever wasn’t due his lack of love for me...I loved the humor in this book, even at times when it seemed so emotionally hard for Mr. Finch to get thru a difficult situation. Not a lot of people who will toss themselves into the pen so vigorously. I think I may read this book again in a few months, when I want to hit my Husband on the head with a shoe...What a beautiful wife to work as hard as she did,,kudos to Mrs. Finch as well

I am, by trade, a school psychologist and have spent many years with children on the spectrum. I have also been with my husband for 18 years and have always suggested that he likely falls somewhere on said spectrum. I decided to give this book a read in hopes of getting a better grasp on my husband's "quirks," or to at least perhaps find some similarities or understanding (my husband isn't much of a talker).I found this book to be a very worthwhile read. It is engaging, honest and funny. It definitely gave me new insight and my husband is even interested in giving it a read. This is one I'll likely pick up again and again!Item received in exchange for an honest review.

I really enjoyed this book, I liked that David applied himself to adjusting his actions, something that I know can't be easy. Having a son with Autism, I have come face to face, with a lot of the same quirks that are mentioned in this book. The fact that David developed new quirks, in an attempt to fix old ones, shows how hard he was trying, to make things easier for his wife. Excessive note taking, in an attempt to remind himself that he shouldn't do some things, and should be doing others. I think I have to agree with the taking 5 minute showers thing...I can't say I balme his dislike of that situation.I think that David did an excellent job of giving an inside view of what living with a spectrum diagnosis, is really like. Past that, I think he did an excellent job of discussing ways that anyone can create a stronger marriage, regardless of whether a diagnosis is present. I am impressed with the way he handled receiving a diagnosis, as it isn't always easy to handle. The fact that he thought it was kind of cool, warmed my heart. I hope to read more from him!*I received this item complimentary for review purposes. All opinions are my own*

There are many blogs, textbooks, and peer reviewed journal articles about Autism Spectrum Disorder, but this is the best first-hand account I've found for really helping me understand what it's like to walk in the shoes of someone with Aspergers, with the (I think) unique approach he has with improving interpersonal dynamics in a self-guided social skills training. I am amazed at his growth as a person and how he and Kristen made their marriage work.

As an Aspi husband going through a tough time in my marriage, this book opened my eyes clearly and so easily...I read parts of it to my wife and she was scared of how similar he and I are.No it will not fix your marriage, but to the Aspi, it will show a glimpse of what he/she needs to do and to their partner what the Aspi goes through as well if he/she is willing to work at it.

Funny, touching, and a little bit profound. David Finch just wants to be the perfect husband to his

beautiful wife. He "fooled" her into thinking he was normal (he didn't know he had Asperger's), but after five years of marriage, she was no longer happy to have such an egocentric, compulsive husband. He wouldn't talk about his feelings, didn't listen when she talked about hers, and scored 18 out of 80 on th empathy scale. But she mattered to him, so he made her happiness, and their marriage, the focus of his obsession. What he learned about himself, and about marriage, makes a good lesson for us all.

This book arrived yesterday and I couldn't stop until the last page.This is not just a great story but beautiful reference.Getting an insider view of very different ways the brain handles life experiences makes the journey to self and other-understanding/acceptance easier (and I'm not just referring to those with Aspergers!).Love the analogies, wit, metaphors and humor that make for enjoyable reading. Plus, many thoughtful insights that made me stop to reflect (and laugh!) in the wonder of all that makes us different.Thank you!

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