



## Socially Curious and Curiously Social: A Social Thinking Guidebook for Bright Teens and Young Adults

By Michelle Garcia Winner, Pamela Crooke

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This anime-illustrated guidebook is written for teens and young adults to learn how the social mind is expected to work in order to effectively relate to others at school, at work, in the community and even at home. Since there is relatively little information on how to talk about social information, this book redefines what it means to be social and it is likely not what you think!

The book is written in the language of teens as a get real discussion about what really goes on inside the minds of people as we share space together. There are many practical strategies to help the reader figure out what impression they are making on others, how this affects their own emotions and what they could work on to make living in the increasingly complex social world more personally rewarding. Who doesn't think they could improve in these skills?

From discussing the ins and outs of what it means to be a social thinker to figuring out texting, dating, the different levels of friendship and the many and varied emotions we experience as we relate to others, the authors describe the real world of being with other people. This includes knowing how to sometimes just fake it better! The authors are not trying to get every reader to find a group to hang out with; instead, they are providing information to help each person find his or her place and be appreciated by others at whatever level he or she feels comfortable with.

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### **Editorial Review**

#### Review

BEWARE! Michelle Garcia Winner and Pamela Crooke have assembled a detailed guidebook to help teens and young adults with social thinking as they sail the stormy seas of dating, texting, lies and everyday relationships. Parents, educators and therapists will benefit by this guidebook as well and consider it a valuable resource to help young adults navigate social interactions. --Glenn Saltz, MD Child, Adolescent and Adult Psychiatrist

#### About the Author

Michelle Garcia Winner is a Congressional-award-winning speech-language pathologist who specializes in treating students who are experiencing social and communication challenges. The Journal of Autism and Developmental Disorders published research supporting her Social Thinking approach for high-functioning autism and Asperger's Syndrome. Her methods have assisted students with other diagnoses, such as ADHD, as well as those with no diagnosis. She runs a clinic, she has authored numerous books and she speaks internationally on Social Thinking. She serves on the panel of professional advisers of the Autism Society of America. Michelle's goal is to help educators and parents appreciate how crucial developing Social Thinking and related social skills are to a student's success and growth throughout life.

Pamela Crooke is part of the clinical faculty at San Jose State University as well as a senior therapist at Michelle Garcia Winner's Social Thinking Center. She published an article on the effectiveness of teaching Social Thinking vocabulary to children with high-functioning autism in the Journal of Autism and Developmental Disorders. She is the co-author of two books related to Social Thinking. Pam has served as a school speech-language pathologist for over 14 years.

### **Users Review**

#### **From reader reviews:**

##### **Edna Brooks:**

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