



Becoming Unique

by James Charles

PRESS RELEASE

Author diagnosed with Autism Spectrum Disorder at forty-two reveals in touching memoir how he was finally able to find beauty in adversity and come to terms with the behavioral difficulties he had endured his entire life.

Each year, one in sixty-eight children in the United States are diagnosed with Autism Spectrum Disorder - a range of neurodevelopmental challenges which can include cognitive, sensory and communicative delays. The majority of these children are diagnosed before the age of three, as modern parents have become increasingly aware of the signs to look out for and can take advantage of the strong support network now available for families effected by autism.

Diagnoses for author James Charles, however, was not so straightforward. Having struggled with social interaction and emotional development as a child, he was badly bullied, and found himself consumed with overwhelming feelings of fear and anxiety. It wasn't until he entered his fifth decade that the diagnoses of Autism Spectrum Disorder proved to be a revelation. It was only after he began to recognize the signs and symptoms of his patients in himself while he was working as a mental health practitioner, that he found the courage to seek out an official diagnosis. Suddenly released from the feelings of guilt, confusion and distress he had experienced since childhood, James Charles embraced life anew, began studying to become a life coach, and finally realized that his autism was, in fact, a gift.

Becoming Unique is a moving and informative account of one man's journey towards Autism Spectrum Disorder. Whilst delivering practical and constructive advice for those living with autism, Charles also examines the positive attributes of the disorder, which he calls a *diffability*. **Becoming Unique** is also a story of faith, as Charles examined his relationship with God and how he made peace with his diagnosis. A rare and valuable first-person narrative about living with autism, James Charles' story will stay with the reader forever.

About the author: James Charles grew up in Aughavas, County Leitrim, Ireland, but has lived in England for much of his life. Having trained and worked as a mental health nurse, he now manages his own Complementary Therapy and Coaching practice. Charles lives in Wolverhampton, England with his wife Helen and their two cats. **Becoming Unique** by James Charles (published by Clink Street Publishing, RRP \$10.99 paperback, RRP \$5.07 ebook) is available from Autism Awareness Day, April 2nd, online at retailers including [amazon.com](https://www.amazon.com) and can be ordered from all good bookstores.

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