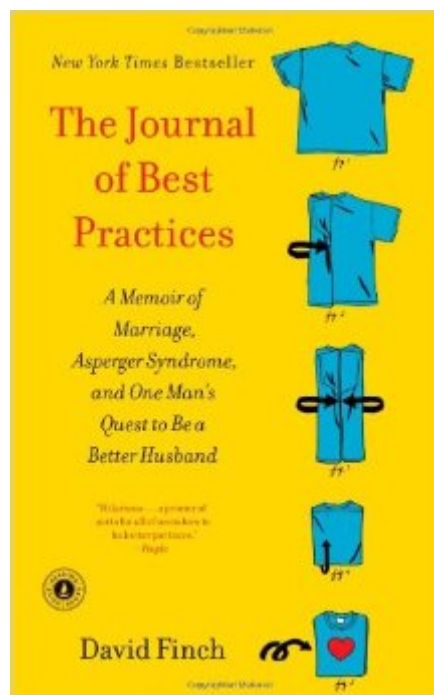


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# The Journal Of Best Practices: A Memoir Of Marriage, Asperger Syndrome, And One Man's Quest To Be A Better Husband



## 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 Finch'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 David's ever-growing list of quirks and compulsions, but it doesn'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 "Don't change the radio station when she's singing along" and "Apologies do not count when you shout them." Over the course of two years, David transforms himself from the world's most trying husband to the husband who tries the hardest. He becomes the husband he's 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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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (420 customer reviews)

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## Customer Reviews

This book is quite unique compared to the other AS books out there. It provided me with exactly what I wanted... an understanding of what it's like to have AS and be a married man having severe marital problems. I did not want another book telling me the definition, the list of symptoms, etc... but

a true account of someone who deals with AS, as an Aspie, daily. I wanted to know the "insider" stuff. I wanted to know how married males see things, IF there was an AS married man on the planet who would actually attempt to address some of the issues in a marriage (seems to go against their AS nature, as far as I have seen), and IF one DID attempt to address the issues what issues would they feel needed addressed and how would they go about addressing them? (See my note below for why I really wanted to read something like this...better communication during divorce) This book is quite remarkable and was written by an AS man who became determined to save his marriage. He recounts in great detail his challenges and how he faced, and ultimately overcame, what he and his wife determined to be the major problem areas. Often times his way of dealing with an issue was unusual, but by seeing how he knew and used what worked for him those of us NT's in the world can see just how resilient and adaptable those with AS really are (Yes, they ARE adaptable!). The author's amount of effort and thought and downright perseverance leaves you cheering him on and hoping, if there is justice in the world, that he will succeed. His personal limitations, daily routines, and feelings of loneliness, etc... are very candidly described, all leading (me anyway) to a far better understanding of an AS mind. His willingness to share so much about himself was very moving, and helpful.

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