

Tim Page

Introduction:

Tim Page, author of "Parallel Play: Growing Up with Undiagnosed Asperger's" and a Pulitzer Prize winning music critic, will discuss the effects of Asperger's syndrome on his life and coping mechanisms he uses to treat it.

Tim Page says:

... I've written this memoir of my childhood, called "Parallel Play," and it touches on a lot of subjects, including Asperger's Syndrome. I was diagnosed with this autistic spectrum disorder in 2000, just after I crashed and burned as an administrator at the Saint Louis Symphony....

One thing I recommend is Transcendental Meditation, which I have been doing for 33 years and which has helped me greatly. I'm not at all religious, and I really think that the technique would be invaluable, no matter what religion you are (or not).

I don't particularly approve of the organization -- they charge a fortune now: I learned for \$60. I hope somebody will find a way to make meditation less costly, so that more people might be helped by it. It truly changed my life, and I have no idea where I would be if I hadn't learned. All of a sudden, I had a way to control myself -- what a gift that was!