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Lire des ebooks Je suis à l'Est ! Josef Schovanec PDF, ePub, mobi, Le premier récit d'un autiste français qui accepte de nous ouvrir les portes de son monde intérieur. Un témoignage intense, émouvant et brillant.

" Je vis avec l'autisme ", écrit Josef Schovanec, soulignant ainsi ce qu'il considère plus comme une qualité que comme un handicap.

Ce voyageur passionné des civilisations anciennes maîtrise une dizaine de langues, est diplômé de Sciences Po et possède un doctorat en philosophie. Il récuse pourtant les attributs qu'on lui prête - ceux d'un autiste " génial " aux capacités intellectuelles extraordinaires - pour évoquer plutôt, avec beaucoup d'humour et de sensibilité, ces " petits " problèmes qui font le quotidien d'un autiste Asperger : les longues préparations nécessaires avant de prendre le métro ou de se rendre à un rendez-vous, l'angoisse qui l'étreint lorsque le téléphone sonne, la panique face au moindre imprévu, la difficulté à comprendre les codes sociaux et à nouer des relations amicales classiques, sa passion obsessionnelle pour les bibliothèques et les livres...

Il revient aussi sur son parcours psychiatrique aberrant : faute de diagnostic posé, il a évité de peu l'internement !

L'autisme reste un sujet polémique dans le monde scientifique et associatif.

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