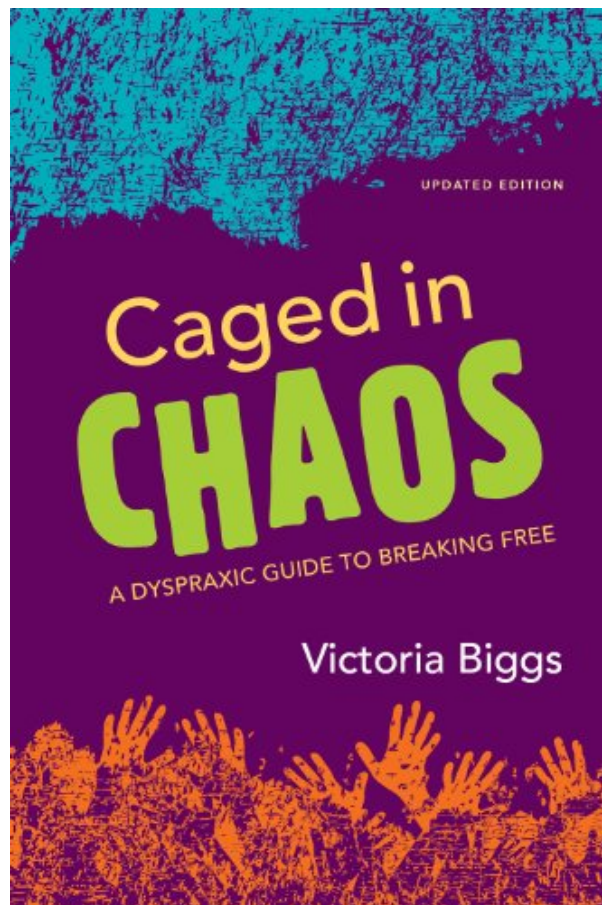
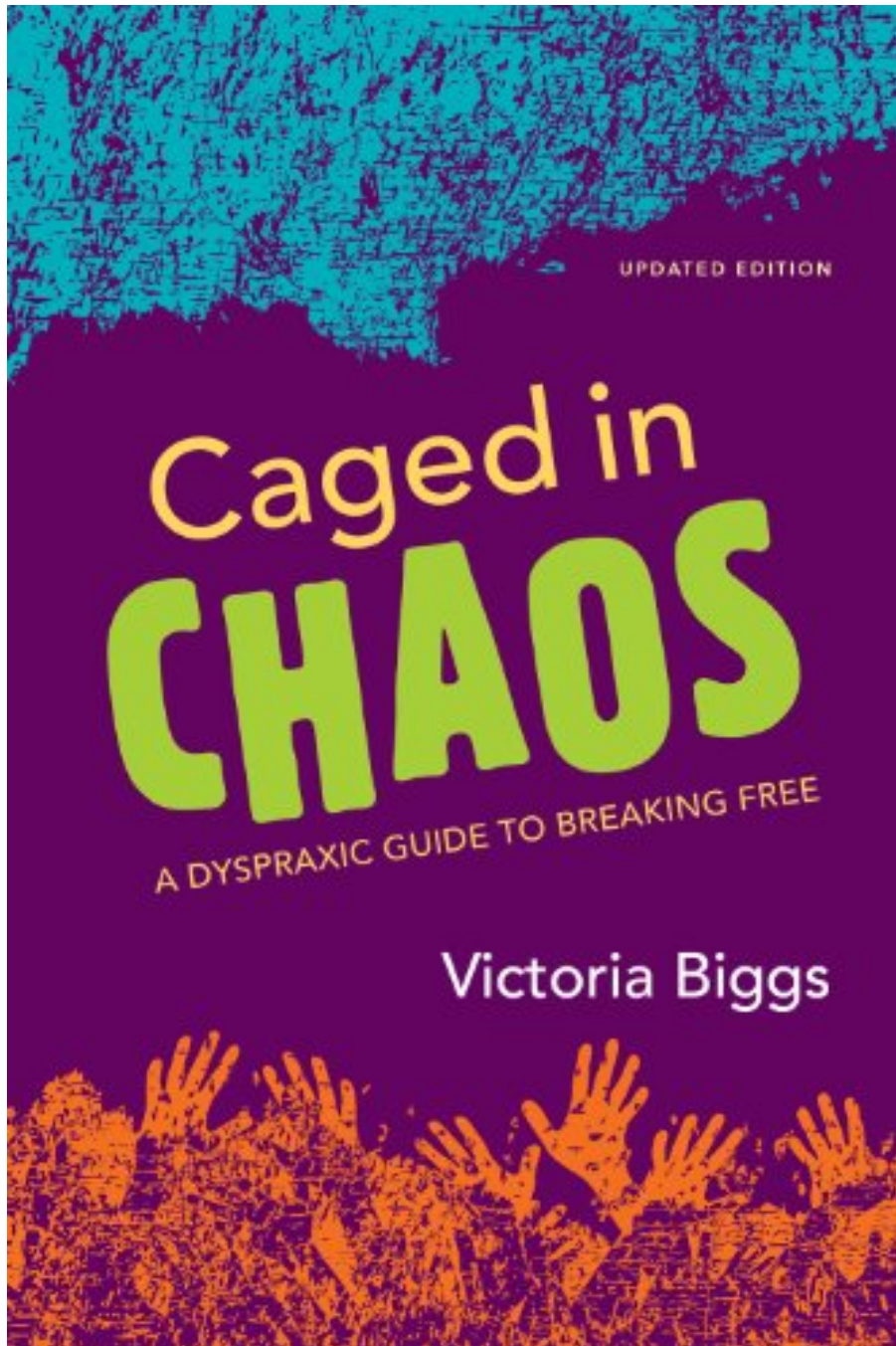


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Written by a teenager with dyspraxia, this is a humorous and inspiring practical guide for young adults with dyspraxia and those around them trying to get to grips with the physical, social and psychological chaos caused by developmental co-ordination disorders (DCDs).

In her own conversational style, Victoria Biggs explains the primary effects of dyspraxia - disorganization, clumsiness and poor short-term memory - as well as other difficulties that dyspraxic teenagers encounter, such as bullying and low self-esteem. Peppared with personal stories from other teens, this award-winning book offers down-to-earth advice on a wide range of adolescent issues, from puberty, health and hygiene to family life and making friends. The new edition includes an update from the author on her university and work experiences and how dyspraxia affects her now as an adult. Her positive approach and profound empathy with others in her situation make this book a must-read.

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Most helpful customer reviews

19 of 19 people found the following review helpful.

Buy this book!

By K. Bennett

Finally, a book that tells in simple terms what being Dyspraxic is all about. We have a beautiful 7 year old grandchild that is challenged by this condition. This book has given us wonderful ideas on how to make her life easier and help her along the way. This is a "must read" for families who have been touched by Dyspraxia.

22 of 23 people found the following review helpful.

Highly Recommended

By Theodore Tugboat

As the parent of a dyspraxic pre-teen, I have found that while there is an increasing amount of information available about dyspraxia (a.k.a. apraxia), there is not much out there about dyspraxia in older kids and young adults. Not only is "*Caged in Chaos*" just such a resource, but it provides an insider's point of view, as the author is dyspraxic herself (an extra star for that fact alone.)

In addition to providing many helpful coping strategies, "*Caged in Chaos*" also reaffirms that "you are not alone." I lost count of the number of times that the author mentioned experiences that my child is going through, too. As the general public is largely unfamiliar with dyspraxia, it is quite comforting to know that there are others out there that are sharing similar things.

16 of 17 people found the following review helpful.

The Best Yet?

By Jack Cee

A great book listing numerous coping strategies through "how it was for me" situations. Often funny, but never patronising, this book deserves to be the subject market leader for a long time to come. The section on bullying is particularly thought provoking. If you want to know what goes on inside a dyspraxic mind this is what you need!

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(The Higher Education Academy)

Caged in Chaos is peppered with illustrations and words written by children and young people with dyspraxia and other learning difficulties, and it is easy to understand how helpful Victoria's insights and explanations will be to other dyspraxics, their parents, teachers and other people involved in their lives. The advice Victoria gives is practical and down to earth; she deals with everyday issues such as social skills, body language, health and hygiene, puberty, relationships and family life. (Dyspraxia News)

This very informative book, about a young adult who has dyspraxia, is a much needed addition to my library. Although I have worked with children of all ages who have dyspraxia, it is difficult to put yourself in their shoes. The very obvious physical difficulties can be understood, although the effect this has on their self-confidence and esteem is not so obvious. However, the author clearly describes how her life has evolved and the impact her poor organisational skills have had on every aspect of her life. She offers very practical "tips" which have helped her through the very difficult period of life known as adolescence... It is a book I will be recommending to parents and other professionals who work with young people and this disorder. It will be extremely useful for therapists (occupational therapy, physiotherapy and speech and language) who are new to this field of paediatrics. Additionally, I feel that young people who have dyspraxia will also use it as a resource to help them to validate their experiences and feel that someone has understood explicitly what they are experiencing. It is already a well-thumbed book! (NAPOT (National Assessment of Paediatric Occupational Therapy))

The 16-year-old author writes with a spirited and humorous style, using a mature approach to a vast range of topics and revealing her personal strengths and weaknesses with quirky honesty... Ms Biggs' advice is rich and relevant but realistic and practical. I have rarely read a book which offers such a vast range of useful strategies... The author skilfully acknowledges the issues which family members might have while growing up with someone who has dyspraxia, and her recommendations to teachers span generic topics as well as specific curriculum subjects. Her empathy with and support for those who have dyspraxia oozes with apparent ease from everything she writes and I would be surprised if anyone fails to feel empowered and enriched by what she has to offer. (Good Autism Practice)

Written by a 16 year old with dyspraxia, this book provides a profound and humbling insight into an often misunderstood condition. It is packed with useful advice on how it feels to be dyspraxic and how to understand the physical, social, emotional and psychological aspects of developmental co-ordination disorder. The effects of short term memory, clumsiness and disorganisation are explored along with bullying, self-esteem and loneliness. The style is conversational, with examples and life experiences from a number of young dyspraxics. Chapters on a survival guide to school, making the grade, and coping with growing up are most useful. Dyspraxia has been described as lying in a parallel universe. This book explores a galaxy of ideas, thoughts, emotions and supportive actions for the classroom and beyond. (The Teacher, magazine of the National Union of Teachers)

As well as the author's individual experience, the book refers to others dyspraxics who are coping with difficulties in a variety of situations... The book also provides tips for teachers to support them in providing reasonable adjustments... the book concludes with advice on matters related to further education; moving into the world of work and day to day living. There is a useful section on addresses and websites where further information can be found... This book will help readers to understand the experiences of those who live with dyspraxia. it is an inspiring read tingled with both humour and sadness. (SNIP)

About the Author

Victoria Biggs was sixteen years old when she wrote Caged in Chaos. She went on to study English at the University of Cambridge. She has subsequently worked in a residential college for teenagers with severe learning disabilities and has taught creative writing to women experiencing trauma-related mental health

problems. Now in her twenties, she is completing a doctorate at the University of Manchester, researching how storytelling can be used to support children living with war and violence.

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