



Press kit

What you need to know to sound like
you read the book

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About Stumbling Through Space and Time

"In 1994, I was diagnosed with dyspraxia, and I was unable to do everything that children are expected to do by the time they're in school. For me, this included everything from riding a bike and catching a ball to reading, writing, and basic math."

When talking about her dyspraxia, Rosemary Richings is often met with confusion. Why do so few people understand dyspraxia or even know what it is?

Rosemary shares her experience of growing up dyspraxic and how it impacts her sense of space, time, and coordination. Diagnosed with DCD at the age of four, Rosemary shares her insights and experience dealing with challenges, from coping with bullies in school to choosing a dyspraxia-friendly university, pursuing self-employment, and travelling abroad.

Rosemary shares guidance for others about what helped her develop her skills, including ballet and gymnastics, the Wilbarger Protocol (brushing therapy) and equestrian therapy. Full of practical tips and insights into the strategies that gave Rosemary the confidence to succeed, this is an essential guide for other dyspraxics and those supporting them, showing you how you can thrive as a dyspraxic person.

Topics covered in the book: in chronological order...

1. Dyspraxia in childhood
2. Adolescence and dyspraxia
3. Secondary school and preparing for university
4. 1st and 2nd Year university challenges
5. The effect of stigma on self-esteem and body image
6. Coping and persevering
7. Ageing out of my dad's health insurance (and the school system)
8. How having a disability motivated my decision to pursue self-employment
9. Developing healthy relationships with others
10. Why do people rarely know what dyspraxia is?
11. The mental health impact of having no support
12. When do people need to know about your dyspraxia?
13. Why do some dyspraxics avoid driving a car?
14. Travelling abroad with dyspraxia: can it be done?
15. Creating your own dyspraxia community: pros and cons

Endorsements

“This is a must-read for teachers, medics, councilors, psychologists, social workers, members of the justice system, and instructors in areas such as driving, swimming, and other sports. It is also a must-read for the loved ones of dyspraxics. As an adult with suspected dyspraxia and Asperger's traits, I found that this book helps me and others with these conditions understand ourselves better and not feel alone.”

- Mary Kilbane, Dyspraxia/DCD Ireland

“This is a raw and honest look at what life is like when the world isn't built for you. As a dyspraxic adult, I still struggle to explain myself, but I found new resources in this book. Rosemary has encapsulated many of my feelings of not belonging in the neurotypical world and reminded me that it's okay to do things my way.”

Rachel Charlton-Dailey, Founder and Editor-in-Chief of The Unwritten

“Stumbling through Space and Time is a heartfelt memoir, offering an authentic insight into what it means to be dyspraxic. Rosemary not only creates a space where those with dyspraxia can feel seen, but she also creates valuable learning opportunities for anyone to learn about it. This will help make the world more inclusive for everyone.”

Emily Katy, autistic blogger, writer, and Trustee of Autistic Girls Network

Rosemary has a worldwide perspective of dyspraxia from moving and living in various places. Rosemary's upbringing has positively impacted her personal development and understanding of who she is, which results in a great read.

Jess Starns, founder of Dyspraxic Me, a charity for dyspraxic young adults

“This beautifully written piece captures a raw glimpse of life as a Dyspraxic person. The cruel response of those stigmatizing invisible disabilities and the absolute importance of a strong support system around you. This very relatable book had me crying on some pages and smiling with joy the next.”

Krystal Shaw

“This is a marvel of a book, sure to open both hearts and minds. Rosemary Richings writes with grace, compassion, and thoughtfulness. I was deeply moved by her story and her sense of solidarity with others who have been harmed by the status quo. She is unafraid to name the policies and ways of thinking that marginalize and exploit, nor to boldly imagine a better world. This book needs to be read widely.”

Audrey Clare Farley, author of The Unfit Heiress

Facts you need to know about the book.

Title: Stumbling through Space and Time: Living Life with Dyspraxia Format: Paperback

Product dimensions: 160 pages, 8.5 X 5.5 X 0.71 in

Shipping dimensions: 160 pages, 8.5 X 5.5 X 0.71 in

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Appropriate for ages: All ages

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File size: 914KB

Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Paperback cost: CAD 26.70, \$19.95 USD, € 15.82, £14.99¹ eBook

cost: USD 19.95, CAD 23.34, € 13.13, £10.04

Target audience

This book is a resource designed for anyone learning the reality of living with dyspraxia. This includes everyone from the recently diagnosed and their families to medical practitioners, educators, and professionals working with their first dyspraxic customers, clients, and co-workers.

Where can you buy a copy?

Bookshop.org (UK & US), IndieBound, Amazon, JKP.com, Hachette UK's website, select indie and chain bookstore chains in North America, Asia, Africa, New Zealand, Australia, Europe, The UK, and Ireland.

¹ Please note that all prices are based on the most common market value in popular retailers at the time of creating this PDF. Prices may fluctuate based on shipping costs, sales, the operation conditions of various platforms, etc.

About the author



Rosemary Richings is a writer, editor, and neurodiversity advocate. She was diagnosed with a type of neurodivergence called dyspraxia when she was a little girl, and her writing is based on her lived experiences. Rosemary’s writing has been featured on sites such as Travel + Leisure, The Good Trade, The Unwritten, Shareable, and many other websites. Her debut book, “Stumbling Through Space + Time: Living Life with Dyspraxia”, will be released through Jessica Kingsley Publishers on September 21, 2022. She serves on the board of trustees of Dyspraxic Me, a charity specializing in peer support for dyspraxic young people aged 16-25.

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Sample interview questions

- How does dyspraxia affect your everyday life?
- Why did you decide to write this book?
- Why is dyspraxia so underdiagnosed, and what can we do to change that reality?
- What are the most common misconceptions about dyspraxia in schools, the workplace, or other aspects of everyday life?
- What can we do to accommodate dyspraxics of all ages and backgrounds that don't require much time, money, resources, or other factors?
- Why is it so important to get a diagnosis?
- Is there anything others can do to support recently diagnosed individuals and their families in getting the correct form of support?
- What can individuals who are dyspraxic and their families do to ensure getting the right level of support is a life-long process, and why is that so important?
- What's your advice for someone who was recently diagnosed as someone who has been in that position before?