



**Episode #237**

**Dr. Barry Prizant and Dave Finch Talk About Their New Podcast, Uniquely Human**

December 1, 2020

Debbie: Hey, Amy, welcome back to the podcast.

Amy: Thank you. I'm so excited to talk to you and your people.

Debbie: Hey, Barry and Dave, welcome to the podcast.

So now we're gonna do this dance where there's two guests and one host, but we'll work it out. So listeners have if you're a longtime listener of this podcast, you've heard Barry talk about his book *Uniquely Human*. Dave is a new guest to the show. So I want to spend just a little bit at the head of this conversation talking about each of your books. So Barry, you wrote the book *Uniquely Human: A Different Way of Seeing Autism*, which, you know, you were recently even in my book club for my membership community, I'm a big fan of that book, and still considered to be very breakthrough in terms of the books that are available for parents and caregivers, and anyone who wants to better understand autism. So can you just tell us a little bit about that book and why you wrote it and how it's been received in the world.

Barry: Sure, it's been more than five years, which is hard to believe, since that book has been out. And it's basically a storybook of all the things that I've learned from people on the spectrum from parents, from children. Because I've had the opportunity to work and be in many different situations, everything from a camp counselor, to a university professor to working in a hospital to a parent retreat weekend we've been doing for 25 years. And the purpose of the book really was, I guess, you could say, to challenge a lot of the myths and to challenge a lot of the stereotypes of the experience of autism, I am not a person on the spectrum. So I just pulled from, you know, all of the people I've known over the years, and especially the last 10 to 15 years. And I think this is illustrated in our new *uniquely human* podcasts that I so value learning from people on the spectrum. But I really try to always try to be very clear. I wasn't trying to sugarcoat autism, I was definitely trying to present a more positive point of view than most of what you hear and most of what you read, but I was trying to kind of write the playing field, I have more of a balance. So I do talk about the challenges. But I also talk about the joys, how fascinating so many people and kids on the spectrum are to really understand that. It's not just quote unquote, you know, disability or challenge only in the social area, or sensory as many people think. But it's really a different way of organizing information, of seeing the world and relating to people and understanding people. And I definitely lean towards, you know, feeling that it's a different way. It's in many ways, it's not just less than or deficient. So that was the purpose of the book. And it's been embraced very, very broadly, from parents of newly diagnosed kids, to parents of adult children, to one of the things that's most gratifying for me, it's been so widely embraced by autistic people. That's actually how I met Dave, initially. But yeah, so it's been a wonderful trip. And the journey still continues, it's actually, you know, I'll just say it, it's selling more now than it did when it came out. It's a word of mouth

book, and the word of mouth and the community is just expanding. And that's also the reason that we decided to do the podcast to keep the conversation going.

Debbie: Yeah, and for listeners, if you haven't heard my original interview with Barry, I will leave the links in the show notes, you should definitely check it out. Because we go very deeply into the book. And again, it really impacted me when I read it, because it just felt like such a strengths-based approach and a unique way of encouraging parents to reframe their thinking, when they might learn that their child is on the spectrum. And also just the experience you have I mean, your stories. It's just such a lovely rate. So okay, and Dave, I'm newer to your work. I just listened to your book, which is *The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband* did that which was a New York Times bestseller. You were in O Magazine, like this was a big book. So can you tell us a little bit about why you wrote it? And yeah, similarly how it was received.

Dave: Sure, and it's funny to me and humbling to hear you refer to it as my work. Like I see Barry as having achieved a body of work over a span of a career. My quote, finger quotes work is just trying to make people laugh. And that's why I wrote the book. So I was diagnosed at age 30. I had been married for several years, we had two kids at a job at a mortgage and everything was very typical looking on the outside, but my wife knew better she was working within a sort of a contained program in a school district as a speech language pathologist. And at the time, she was already a huge fan of Dr. Prizant, unbeknownst to me, and I had no tie in with it with autism as far as I knew. But then she started working with kids with Asperger's Syndrome, before it was eradicated by the DSM. So she was working with kids with Asperger's and meeting their parents. And that's when she started to realize like, you know, our marriage at the time was really unraveling, rocky shores, we'll say, but it was pretty bleak. We weren't connected, we weren't, we didn't even feel like friends anymore. And we'd only been married for about five short years at this point. And we're having a very difficult time. And she realized, like, you know, what, Dave's behaviors, for as long as I've known him really resemble the behaviors of some of these parents that I'm meeting are some of these kiddos with Asperger's. And while autism, you know, there were no big red flags at that time for her like, she wouldn't say that, Hey, you, I would diagnose you with autism if I were a doctor, because the population she was working with had certain degrees of impairments and in very specific areas that I didn't have. So she sat me down and gave me a quiz that introduced me to the notion that I am consistent with the Asperger profile. So then I went and saw a shrink, and they stamped me approved, and I got my autism card. So learning about that gave me an opportunity to focus on Yes, our marriage does, frankly, suck right now. And I would love to make it better. And maybe there's a connection between some of these behaviors that are the result of my own wiring, you know, and how I experience the world and react to it. And maybe there's kind of if I can bridge that gap and learn the behaviors that might make me a more palatable husband than maybe our marriage can get back on track. But it also gave my wife Kristen, the opportunity to look at me and say, Well, if you look at just the behaviors, and you don't consider why the behaviors

are happening, and you're married to these behaviors, it's very easy to look at a partner and say, This guy is an a-hole. Right? And I totally admit that.

Dave: But that diagnostic period in my life, she was able to look at me and say, Yeah, he appears to be a-hole, but not willfully. So it was the first time she had this moment of it's not willful. It's just how you're wired. And immediately that makes you not an angel. Right? There's no intent. You know, Barry talks about communicative intent, I guess I would call it I have no aihole intentions, usually. And so I got to work on that. Kristin started working on her own thoughts around what a marriage was supposed to look like, and what a husband was how her husband was supposed to show up. She did a lot of thought work on herself, I did a lot of behavioral work and myself. And we righted the ship. And so I wrote a book about it, specifically to make people laugh, because I thought it was a hilarious story about a marriage. And it was the autism community that really embraced the book and said, here's a guy who, it's finally a positive outcome. It's like a positive narrative on this sort of neurologically mixed marriage that so many people have. And I'm finding out I'm still receiving emails from people saying that, you know, my wife and I are in couples therapy, and the, the therapist gave us your book as homework. So my book was basically the story of me engineering these I called best practices to become a better husband. And now apparently, Marriage and Family Therapists have cottoned on to this idea and handing it out to their clients. And I think it's funny because I didn't write it to be a prescriptive book. I wrote it to make people laugh, but it's helping people. And I think sometimes as the writer, you don't get to decide what people see in the writing.

Debbie: Well, it is very funny. It's also very honest. And, you know, I've written many books, I've written some that are more personal than others, but I'm listening and I'm like, Wow, it just I feel like it was very brave to be so honest in your writing, and I think that's why it's so powerful. And I will say, also, listeners, check out Dave's book, the link will be in the show notes pages because I hear from so many parents in my community who have discovered their own differently wildness, their own neuro differences through going through the diagnostic process with their children. Their marriages are really struggling, and it's hard. You know, it's really hard and I feel like your book provides Hope it provides a window into how this can work. And we're going to talk about your podcast in a second. But let me just ask you one more question about this. If there are listeners who are like, Oh, my gosh, this is, you know, my partner's on the spectrum or but he or she isn't maybe as willing as, as you were to really go in and do that work and get curious about how to kind of hack yourself for this relationship. So what words of wisdom or encouragement could you provide to listeners in that circumstance?

Dave: This is a great question. A diagnosis and embracing your neurological culture will say, isn't for everyone. And I think sometimes, in my case, I was hyper motivated to make these changes because I grew up in a very happy, Leave it to Beaver household, and everything was fantastic. So I wanted that in my adult life was a very happy, harmonious, very close relationship with my wife. And so I was hyper motivated in that way. And what I'm finding is I do a lot of speaking

engagements around relationships. And we'll say self hacking, I really liked that phrase, I hadn't heard that before, I'm going to, I'm going to borrow that from you. But the best words of wisdom I have are coming from my wife, Kristen, actually, and what I learned about her experience being married to a difficult partner who wanted to change, she still had her own work to do, which was, I'm not going I'm going to stop placing expectations on Dave, for how I need him to show up, in order for me to feel good about my context, my relationship, my situation, whatever. And that's easier said than done. I know that I don't know if I can actually do it, to the extent that she's been able to do it. But I think for partners who are married to a sort of tricky person, and this is both sides, because if you take the perspective of the autistic individual, the neurotypical partner is baffling and very difficult and unreasonable. And I say that as somebody who has been forced to go to weddings and parties and other forms of traditional merriment. So you neurotypicals have fun, wrong, I'm telling you. But so we have, we have learned that I need to show up in a way that makes me feel like I'm living my life the right way, in kind of in line with my values, but Kristin really had the extremely heavy lifting, of asking herself, why do I need Dave? Of all PA, there's 7 billion people in the world. So I could probably find the right match? Why do I need him to act in a checklist, check all those boxes, and then I'll be happy. When I can make myself happy and create a context that is fulfilling for me, I can free Dave up to be himself to be grumpy when we have people over to the house, to be he in the wrong sweaters, right? Like, be you, I can love you for what that is because I don't need you to check all these other boxes. And that's the heavy lifting that I think gets a lot of couples to where they need to be. If they're looking at sort of a disconnect. It really is freeing up your partner from your expectations of them frees you up to love them for who they are. And you fell in love with them for a reason. And I think that's sort of the North Star if people can see that, and then point their ship in that direction. Yeah, it's hard every day. But there's also a lot of really great days. And I think that the number of great days eventually wins. You know, so it's, it's a lot of work, but it's a worthy undertaking. And if you're committed to it, and you're committed to the relationship, it can work. And you can both be very happy. So I think we're proof of that. And it's kind of cool. But like I said, it's easier said than done.

Barry: And if I might add, if you see Dave and Kristen present together, then you see what Dave's talking about in real time. Like it's almost like there's a conscious decision around issues that you could go to a dark place, you can go to a heavy place, but just stepping back. And that ability to have a kind of a metal look at what's going on. And then point pointing out kind of the absurdity in some cases or the humor in some cases, and the lightness and it's interesting because maybe this is a little bit of a stretch, but I find parents have differently wired Kids, parents of kids on the spectrum, humor helps them get through so many circumstances, rather than going down the dark path. They like the absurdity of what's going on.

Debbie: Yes. And there's a lot of absurdity. This is, that's the great thing about autism by itself, not funny. neurotypicality by itself, definitely not funny. But the tension of opposites, when you get a neurologically mixed group is hilarious. So that's a

really good point. Barry and I both laugh at things now that were very difficult to laugh at for the period of a few years.

Barry: And just to be clear, I'm not talking about when there's real suffering, right, right, when a child has physical pain, or a child has such extreme anxiety that they can't even get out of the basement. But I'm talking about all of those other issues that sometimes get blown up into huge issues. And some people make the decision, we're not going to go to that path on that. So...

Dave: That's right. And isn't that the crux of marriage? Like we can we can take Asperger's and autism right out of my book. At the end of the day, it's relationships.

Debbie: Yeah. One hundred percent. Well, thank you for that response. And in your answer to I'm getting a glimpse into why you two as a partnership probably work so well. I mean, I've heard your podcast so far. And I know, I know that you do work well together. So can you talk about your, your relationship, you know, how you connected and how you decided we need to do something together.

Barry: We'll all start and then I'll pass it on to Dave, we came together because of a project that failed miserably.

Dave: Most, most of the stories involving me begin that way.

Barry: So without getting into the weeds, there was a vision to develop this great center, and two of the people actually, it was part of Dave's vision with another person. And basically what happened was, things did not come out the way everybody had wished for it to come out. And everybody kind of went their separate ways after about a year and a half, two years of planning. Right. And so I got to meet Dave, you know, in the planning process, but Dave originally contacted me. And correct me if I'm wrong on the stage, because you and the other person saw some things in *Uniquely Human*, which had, you know, recently come out. And it kind of resonated with kind of the mission of what the center was supposed to be.

Dave: Yes, awesome. Things might be minimizing a tad. I read the book and thought this is if neurodiversity were a religion. This would be the Bible or the Torah, or whatever you want. It's it was that important that finally somebody was offering a balanced perspective on positive outcomes and meeting the individual where they were at. And so this nonprofit organization that we were trying to stand up, together with, with a bunch of other people, that was really sort of the main narrative of that global center for the advancement of neurodiversity. I wasn't aware of this, but Barry reminded me a few weeks ago that we met because I called him and said, Hello, Dr. Barry Prizant. He said, yeah. I don't even know how I got your phone number. Frankly. We have the same publisher. Maybe that was it. But I said, You don't know me. My name is Dave, and I love you. And apparently, that's what I said. So he sat down. I was like, I'm listening. And so I said, I got roped into building a nonprofit thing and I don't know anything about this. But I know your book is right at the money and like you to join us. And And

so since I met Barry, I have found it very odd. I'm quite gullible, and naive and in many ways, socially, not the sharpest tack, but very, I've always felt extremely comfortable with immediate trust because he sees you and you're safe in his presence. There aren't missteps. You are who you are. And it's wonderful. And I've always had this sort of fondness for our time together if we would talk for 15 minutes at a conference in meeting and passing or talking on the phone for a couple hours. So I'll speak for Barry. It sounded like earlier this year. I put it's something on Facebook because I asked, I also write engineer, producer and host a couple other podcasts. And I posted something on Facebook about this technology podcast I'm doing and, and he said, Oh, you're involved in podcasting. I've thought about doing that. What do you think about doing a show together? And I? Yes, it doesn't matter what the parameters are yet if it's with you, I'll do it. 100%. And we launched the first episode five episodes ago. And it's been wonderful, Barry's mind for topics around autism, neuro diversity, Child Development, communication, communicative situations, or communication, I should say situations is his brain just works on the accelerators always down to the map. And in every direction. So he's, he's just got so many ideas. And if I can help to sort of be a conduit that gets those ideas in front of even more people, I think it's been really enjoyable for me to work with them in that way.

Barry: Yeah, and I really want to point out that, you know, it wasn't so much Oh, Dave, let's do a podcast. I've been thinking about doing a podcast for about three years, um, people who know me and have seen me present, say, you know, you just kind of explained complex things in ways that people could understand and, and you're a natural to do a podcast. And I said, Well, it has to be the right situation, and working with the right people. And I never really thought that I would do it as a partnership. I mean, truly, you know, co hosting. And then, when I realized that it was a little bit of an epiphany, I didn't know Dave had done that, that he's an audio file, my goodness. And he already has a lot of experience. And that it was like, okay, the moment has come. So when I first asked you about it, I was well into my third year now about thinking about doing a podcast, but it never seemed the right place, the right person. And the trust, that's huge. I think the worst situation would be to get into something as intimate as that even if the other person is not co hosting, there's an intimacy around, what are they going to edit? What are they going to leave in? What are they going to take out. And so it's just worked beautifully. And it's been fun. It

Dave: is fun, it is fun, because neither one of us is particularly precious about ourselves. We just want my wife has a great expression. She wants to do things that are of service. And I think that, you know, Barry and I, this part of the spirit of the podcast is being of service. And, Debbie, I don't know if you've ever seen one of Barry's in person presentations, which he does, like 3000 a year or something he's minus the COVID here, which is a big asterisk. He's constantly on the road, all over the world presenting and advocating. But as soon as it gets off stage, the line to see him is 500 people deep. And the podcast, I think is an opportunity for that post onstage conversation, to continue to take the stories, the wisdom that's contained in that static book, like you start with the book. But this allows you to then explore further and get more nuanced and more, more information. And so having I think that the fun thing for me about the podcast, is it gives people that

access to Barry and his wisdom. And again, I'm just having a good time. So I have the selfish end of the bargain where I get to sit there and just crack jokes.

Debbie: That's good, the yin and yang thing going on. And as someone who's been, I'm almost at five years of doing this podcast weekly, so a little relentless, but I can also appreciate how nice it must be to have a partner in crime to do this to keep it fun and, and just to have that collaboration. So you've talked about going deeper into the concepts of uniquely human? What's kind of your, how would you summarize the types of conversations that you're having, maybe talk about some of your guests, and really what you're hoping the audience takes away from your show?

Barry: Well, we are casting the net broadly, there's no doubt about that. And when we speak about that, um, so for example, you know, we have a great mind who's not a therapist or clinician Steve Silberman, author of neuro tribe's, who's a friend of actually both of us, all the way to, you know, having parents talking about their children's enthusiasms bringing a little lightness and that allows us and I think one of the things I was hoping for it's happening is it allows us to validate especially for Family members and parents to validate their own perceptions and intuitions about their family member that they don't get from other places, especially deficit models. So we've had a blast with some enthusiasms everything from a youngster who loves Rocky and Creed movies and dresses up like them. And when he gets tense and stressed out, he goes and punches a bag. And he's memorized all the lines from the movies. To birds, you know, the young man who loves birds, and we have some work, you know, lined up and be encouraged parents and family members to go to our website, which is just uniquely human calm, and fill out a form and send us the enthusiasm. So we've tried to keep things light, we say that explicitly, we want to lightness. But then, you know, with some of the interviews we've had with people on the spectrum, incredible self advocates, it gets a little more deep into some of the great, great challenges like Becca, Laurie Hector, especially some people who've been diagnosed as an adult, but their lives are miserable, before carrying the diagnosis. So we My point is that we stretch far and wide, because we want to really pull in as many people as possible. Absolutely. And we're always evolving. I mean, we're always talking about, Okay, can we add because that just in a nutshell, the podcast is structured in a particular way. The first half tends to be somebody we're interviewing on a particular topic or who they are and what they've done. And then we shift where it's Dave and I only have a little segment on enthusiasms, we have takeaways with a conveyancing, a point counterpoint to have different vectors. So we're evolving.

Dave: Yeah, and the evolution is fun, because it very much like this podcast, it's organic. And it's, it's for the audience. And I think that neither one, neither Barry nor I are really interested in patting ourselves on the back and really hearing our own voices. It's more about, like, the evolution of our conversations. And we're both kind of clocking in in real time is happening, because as well, as we already knew each other, as we get to know each other, we're starting to realize that we have different perspectives on things. Not all out like disagreements. But I'm accessing his wisdom and saying, Oh, I never thought of using different language to



describe what was going on. Like that's there's a, there's a more proactive or more productive language that we could be using. And I think he's accessing my dim witted simplicity. Is that fair to say? Where I'm thinking he's looking at things, I think he can, he can understand that if you're not a clinician, like I'm the farthest thing from a clinician, I have some pretty dumb questions. And I think my questions are representative of what most of the listeners listening to this thing. As parents of newly diagnosed children, they have the same questions that I do only because I don't pay attention to the fact that I'm on the spectrum until we do an interview like this. And somebody reminds me and I think, Oh, yeah, that's right. Yeah. But I don't wear it. Like, I don't go out into the day, like, I'm ready to start my autistic day. I wake up in the morning, and I say, I want to make my eggs. And I want to get to work. And so anyway, I think, I think that summarizes, or that characterizes why our conversations are so diverse and eclectic. But one thing that I think we do really well, and I will pat myself on the back and say this one thing I think that we both do really well is we keep a narrative line on the episodes so we don't stumble into topics, Barry and I will will discuss topics, guests, and perspectives for a couple weeks, before we turn on the microphones. And, and it's fun. I know Barry's a drummer, I'm a musician. And it's the same way that you would create music with a band. It's like somebody has to hear this. So rather than winging it, we can still be improvisational, which we are. But the essence of improvisation is having a vocabulary and a point of view. And I think we compose our episodes in our conversations very much the way musicians would compose music. It's a fun project.

Debbie: That's a great metaphor.

Barry: And speaking of composing, I mean, I think the other thing that's begun to happen is going to continue happening is people that we have both run into in our lives and our careers, we could pull them in. So our music, I mean, I know Matt Savage, the jazz musician on the spectrum, that's well into his 20s. Now I don't since he was nine or 10 years of age, when he was a little guy, I mean, and now he's a world renown jazz composer and musician and we're using all of his music. If we got in touch with him, so we could celebrate his music, and Dave does an incredible job at, you know, kind of looking at all of his CDs, all of his recordings and pulling them in. Now, it's also happening with an old friend of yours for a future podcast, you want to talk about them?

Dave: Our question that'd be about sort of characterizing the nature of the conversations that we're having. If we had an elevator pitch, what would it be? My good friend, his name is Mike Craigler. And right now, he's, he's been a professor at Providence College, right in Rhode Island. And they had a child on the spectrum. And I learned about this just a couple years ago. So I connected him to Barry. And Mike is a jaw droppingly amazing composer, and he composed this beautiful choral piece for his son. And he incorporates recordings of his son's vocalizations, and babbling into sounds of childhood, into the choral piece. And so we're going to have him on as a guest to talk about what that's like as a parent, to have multiple children, and one of them happens to have an autism diagnosis. So we truly get to pull exactly who we want to pull into the podcast, and hear

their perspective. And it's sort of like, I think the podcast is like an opportunity to have a really great dinner party a couple times a month, with the best people that you know, in your life, that's the best way to describe it. And it feels like that, because that's kind of the spirit that we approach this with.

Barry: Yeah, we're also making sure we get the voices of autistic people, and not just the people who have published books and give lectures. So whenever possible, and this is started for our enthusiasms on one, the first enthusiasm it was the mom pretty much talking. And we just had a little bit of the youngsters voice, recent enthusiasm, we had the young men talking about birds and, and so again, we want the voices of kids and people of all abilities, you know, somebody that you're a teacher, you know, in middle school, you know, put on a kid who kind of talks like one of your students, who's 12 years old. And so that's important to us. And that's going to continue to happen.

Dave: Yeah, amplifying the voices of people on the spectrum. It's, we have this great opportunity to be a platform for artistic people to shine. And we don't want to get in the way of that. We just want to build the stage for them, and step back and let them shine. So it's, it's been, it's been really gratifying.

Debbie: Yeah, it's such a fun medium, especially, you know, we've all written books, we know what a tedious process that can be and then you're Wait, you wait a year and a half to two years till it actually comes out. And you know, and now it's like, Hey, I have this idea. Let's record it. And I love that about this medium, and you can pivot and grow and develop and really finesse the product over time and your audience will just go right along with it. You know, it's kind of cool.

Barry: Yeah, because it's, it's sincere. There's a sincerity there. And I know writing my own book that the first draft of *Journal of Best Practices* for as much of a hopeful, delightful book as it became with help from an editor, the first draft was dark humor, dark situations and woven in. And anytime, like to your point, anytime you're going to sit down and write a book, there's going to be a team of people saying, well, you shouldn't include this, don't put that put this in there instead. And the book ends up becoming this very static thing. But this allows you to be sincere, allows your personality to come through because you're not using guarded language all the time. It's, it's fun, and I can see why you've been doing this. I mean, five years that's what 260 episodes or something that you've probably recorded. You don't do that because you don't enjoy it. You know, you have to love doing it.

Debbie: Yeah, yeah. So tell me then, do you have I when I launched my podcast, I had a list of my dream guests. I will happily say most of them I've I've had on at this point, but do you have kind of a wish list for either a couple topics you really want to bring to the show are a couple guests you really want to have on

Barry: I could jump right in on this. One of my dream guests is Greta Thunberg as a matter of fact. Two nights ago, my wife and I watched the new movie, the documentary about her called *I Am Greta*. And I was aware of her back when she was 14 or 15. She's 17 now, but she talks about her autism and Asperger's very

openly, from the perspective of I do what I do. And my commitment is such a firm commitment, because this is the way I think. And this is the way I could raise her focus on something that I value, and that's important to me. So I think she represents a wonderful combination of understanding that her autism gives her the gifts but she also understands the challenges and the difficulties that she's had in the past. So I would love it if my practice morning I was Googling contact credit school. Man now but who knows? Yeah,

Dave: Yeah. I, if I have one dream guest, it's Scarlett Johansson for all the wrong reasons. I've been calling and she won't answer. It's unbelievable. So maybe appearing on this podcast will finally be the tipping point, to me interviewing Scarlett Johansson, without a single productive thing that I might ask her?

Debbie: You never know. That's great. So for listeners who want to follow your work, listen to the podcast. Can you share how they can tune in? And then any last thoughts before we say goodbye? Anything you want to make sure they take away from this conversation?

Dave: Yes, our podcast Uniquely Human is available on all the platforms and going to [www.uniquelyhuman.com](http://www.uniquelyhuman.com). Every episode is there with show notes and more information about the music from Matt Savage that gets pulled in and more information about the topic and the guests. And we really want to make it like a hub. And we publish every two weeks. And it's also available, I mean, we can subscribe on all these platforms. But even from our own website, we're trying to build this community where you can sign up to be kind of an in communication with us on a, for lack of a better phrase, a sort of like a mailing list. But it's not that it's more about exchanging ideas, right. And it's very interactive, rather than just shoving newsletters down the throat. And then of course, we have all the social media channels. So we've got Facebook covered. That's [facebook.com slash uniquely human podcast](https://www.facebook.com/uniquelyhumanpodcast). We're on Instagram, and Twitter. And we barely doesn't know this. But I've been working tinkering in my little elf shop here. We are about to launch a YouTube channel where a lot of people listen to podcasts on YouTube throughout the workday. And this is something where it'll be a very seamless thing to stay on YouTube, and you can listen to Uniquely Human the podcast on there as well. So Barry, after this will tie out and I'll show you what I've been working on. Okay.

Barry: Very thorough job, Dave. That's true.

Dave: Well, thanks. Awesome.

Debbie: Awesome. Anything that you want to add before we say goodbye?

Barry: Yeah, one lingering thought for me is that I just feel so grateful. Because this has become the podcast has become an incredible learning opportunity for me. So you go back to the well worn cliché, once you've met one person on the spectrum, we met one person on the spectrum. But I get to see, after we interview people on the spectrum, or talk about ideas out in the field, I really get to see how Dave has different opinions. Um, I won't get into the specifics. But

that just happened with two guests that we have one guest who saying, I get upset when people with autism just make their whole life about autism. And then we interview another guest who says I've made my whole life about autism. And Dave has feelings about that and thoughts about that. So for me, my learning is that okay, now I'm seeing the shades the different opinions, all people accurately diagnosed on the spectrum but have very different opinions about how they lead their lives, and how they make meaning of autism in their lives.

Dave: To piggyback on that, my only two remarks are that this is what Barry just said. It's not at all by accident. It's by design. Barry's acceptance and respect and reverence for the entire spectrum of experiences with autism is very sincere and it's very important to him that all voices are at the table. So he creates a very, I won't say neutral but he creates a very respectful, safe place. For all of these voices and experiences to be heard, and we need those because we can't just have a Wikipedia generalized version of autism definition out there. Autism is as diverse as humanity itself, it seems. So. And then the second parting thought that I would have is, Scarlett Johansson my phone number, it's 720-254... Well, you know, I'll post it on the link so that your managers can get a hold of me. And let's do it. It's finally time. You know, we've been dancing around this. It's time we have you on the podcast.

Barry: But what you know, have you seen Marriage Story, you should send her a journal of best practices...

Dave: Hey, actually, now we're onto something here.

Debbie: That could be the connection right there. Well, Barry and Dave, thank you so much for this conversation. I really enjoyed learning more about your work and both of your books and also just what you're doing together, which I think is fantastic. I subscribed and I look forward to all of your episodes. So again, listeners, Uniquely Human is the podcast and all the links will be in the show notes pages. And thank you so much for coming by the podcast today.

Barry: Thank you, Debbie.

Dave: Thank you so much. This is so much fun.

**RESOURCES MENTIONED:**

- Uniquely Human Podcast
- Dr Barry Prizant's website
- David Finch's website
- Uniquely Human: A Different Way of Seeing Autism by Dr. Barry Prizant
- The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband by David Finch
- Barry Prizant Talks About His Book "Uniquely Human" (Tilt Podcast episode)