



RESOURCES



[The Healthy Deviant: A Rule Breaker's Guide to Being Healthy in an Unhealthy World by Pilar Gerasimo.](#)

[The Healthy Deviant.com \(website\)](#)

UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODES 42 & 43: THE HEALTHY
DEVIANT BY PILAR GERASIMO

SHOW SUMMARY: EPISODE 42

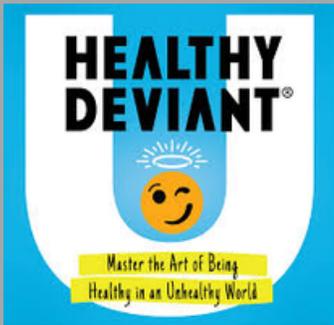
In our last of our four part series on autism and mental health, we review the book *The Healthy Deviant* by Pilar Gerasimo. Gerasimo addresses the unhealthy world we live in and offers advice on how to create a healthy and productive lifestyle. We explore how this approach can have a positive impact on one's physical and mental health for those with autism.

EPISODE 42 THE HEALTHY DEVIANT (PART 1)

Introduction	0:00-1:19
The Unhealthy Default Reality	1:19-5:23
The Pissed-off Body Syndrome	5:23-6:43
Our Reflections on How the Unhealthy Default Reality & the Pissed-off Body Syndrome Impacts Those on the Spectrum	6:43-1:05:51
Who Is a Healthy Deviant?	1:05:51-1:09:00
The Healthy Deviant's Hero's Journey	1:09:00-1:16:54
<ul style="list-style-type: none">• Natural State• Compliance• Descent• Darkness• Divergence• Rebellion• Healthy Deviance	
Our Reflections on the Hero's Journey	1:16:54-2:11:19
Closing	2:11:19-2:45:48



RESOURCES



[The Healthy Deviant: A Rule Breaker's Guide to Being Healthy in an Unhealthy World by Pilar Gerasimo.](#)

[The Healthy Deviant.com \(website\)](#)

UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODES 42 & 43: THE HEALTHY
DEVIANT BY PILAR GERASIMO

SHOW SUMMARY: EPISODE 43

In Part 2 of our review of the book *The Healthy Deviant* by Pilar Gerasimo, we examine the remedies, solutions and strategies that will help create a healthy and productive lifestyle that supports the mental health for those on the spectrum.

EPISODE 43 THE HEALTHY DEVIANT (PART 2)

Introduction	0:00-2:05
Strategies For Regaining Stamina: Renegade Rituals	2:05-8:25
<ul style="list-style-type: none">• Morning Minutes• Ultradian Rhythm Breaks• Nighttime Wind-Down Ritual	
Our Reflections on How the Renegade Rituals Can Help Autistic People of All Ages	8:25-41:33
14 Days of Healthy Deviance Exercises	41:33-51:43
<ol style="list-style-type: none">1. Wake-Up2. Gather Courage3. Find Things Right4. Cultivate Willingness5. Call "BS"6. Ask For What You Want7. Celebrate Small Successes8. Abandon Victim Thinking9. Find Your Edge10. Renegotiate Reality11. Act "As If"12. Stake Your Claim13. Expand Your Horizon14. Bask, Beware, Repeat	
Our Discussion on How the Philosophy of the Mental Deviant Can Support the Mental Health For Those On the Spectrum	51:43-2:10:05
Closing	2:10:05-2:11:46
