



# Selective Mutism In Our Own Words: Experiences in Childhood and Adulthood

*Cheryl Forrester, Carl Sutton*

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An eye-opening and enlightening collection of stories from people living with Selective Mutism (SM), this book provides a much-needed platform for people with SM to share experiences of the condition in their own words.

Exploring all aspects of SM, from symptoms and diagnostic criteria, to triggers and the consequences of being psychologically unable to speak, the stories in this book dispel the myths around this often misunderstood condition. Far from refusing to talk, or choosing not to, the contributors offer genuine insights into why they simply cannot speak in certain situations or in front of certain people. Children, teens and adults from the UK and US share experiences of feeling isolated, struggling at school, and finding ways to communicate. Letting people with SM know that they are not alone with the condition, the book will also help family, friends and professionals to understand what it is like to live with SM.

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