

Fall Down 7 Times, Get Up 8, by Naoki Higashida

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Fall Down 7 Times Get Up 8 is Naoki's follow-up book, mostly written between the ages of 18 and 22, published in Japan in 2015 and again translated by Mitchell and Yoshida. He gives detailed accounts of his thought processes, such as the 12-step mental chronology that occurs between the noise of rain outside and his realisation that it's raining. Rain-noise is abstract and so he finds it hard to connect "memory rain" to real rain. He is baffled by how quickly his mother can recognise it is raining and dash out to save the laundry. His attempts to interact with people are similarly laborious. When he tries to answer a question, "First I have to sift through my memory for scenes where similar questions were asked; then I have to summon up and deploy the words that worked in those 'matching scenes' last time around".

Naoki's challenges the common belief that people with severe autism are exclusively literal-minded. Time and again he uses metaphor to help readers understand his world.

Other titles by this author:

- The Reason I Jump