

'Whistle' – A Heartfelt Story of Autism, Connection, and the Power of Sound

Whistle follows Kennedy, a 10-year-old girl with autism, who finds comfort in her mother's soothing whistle.

TX, UNITED STATES, February 14, 2025

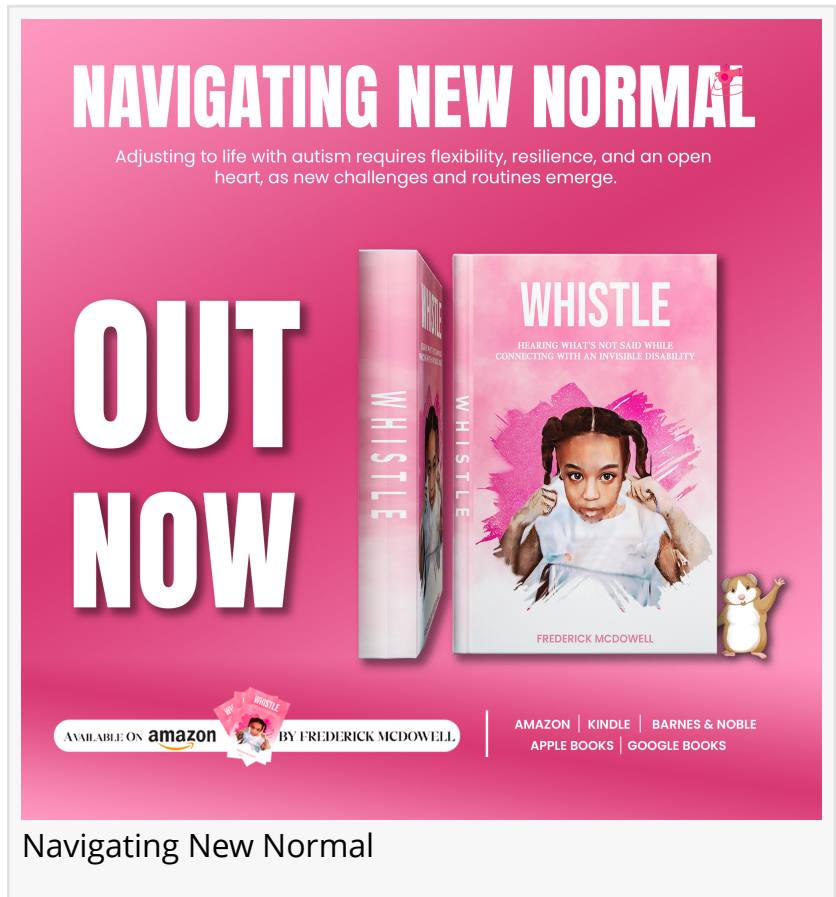
[/EINPresswire.com/](https://EINPresswire.com/) -- Whistle, a moving and inspiring new book by Frederick, explores the profound journey of a family navigating the world of autism through the eyes of a 10-year-old girl named Kennedy. Told in a compelling narrative format reminiscent of a 3D animated film, Whistle is a heartwarming yet thought-provoking story that sheds light on the invisible challenges many families face.

Kennedy, a young girl on the autism spectrum, finds comfort in the soothing whistle of her mother's voice.

For her birthday, her mother gifts her a magical pink whistle that captures this cherished sound. However, when the whistle is lost, Kennedy embarks on an adventure that goes beyond simply retrieving an object—it becomes a journey of self-discovery, understanding, and resilience.

Drawing from personal experiences, author Frederick offers a deeply relatable and emotionally rich portrayal of life with an invisible disability. As a devoted father of two children with autism and an accomplished IT executive, Frederick weaves a touching and insightful story that resonates with parents, educators, caregivers, and anyone seeking a deeper understanding of neurodiversity.



"This book is more than just a story—it's a reflection of the invisible challenges millions face every day," says Frederick. "Through Kennedy's journey, I hope to foster greater awareness, empathy, and connection between individuals with autism and the world around them."



NAVIGATING NEW NORMAL

Adjusting to life with autism requires flexibility, resilience, and an open heart, as new challenges and routines emerge.

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Navigating New Normal

Whistle challenges readers to rethink the way they perceive communication, connection, and inclusion. By blending real-life struggles with an imaginative storytelling style, the book provides both an educational and heartfelt reading experience.

This inspiring book is now available for purchase. For media inquiries, interviews, or further information.

ABOUT THE AUTHOR:

Frederick is a technology executive, devoted husband, and father of two children with autism. His experiences navigating the complexities of neurodiversity have fueled his passion for advocacy and storytelling. Whistle is his debut book, offering insight, encouragement, and hope to families and individuals facing similar journeys.

EMPATHY IN ACTION

Developing empathy means seeing life from Kennedy's perspective, fostering a deeper understanding of her needs and strengths.

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Empathy in Action

The book is available on Amazon, Kindle, Barnes and Noble, Kobo, Apple Books, Google Books and many more platforms across the World.

“

Whistle follows Kennedy, a 10-year-old girl with autism, who finds comfort in her mother's soothing whistle. She embarks on a journey of self-discovery, resilience, and connection.”

Jake Thompson

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MOMENTS OF JOY

Amidst challenges, the family cherishes small victories that illuminate Kennedy's growth and strengthen their bond.

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Kids with Needs

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