
Daniel Tammet

Je Suis Né Un Jour Bleu



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Description

Je suis né un jour bleu « Je suis né le 31 janvier 1979. Un mercredi. Je le sais parce que dans mon esprit, le 31 janvier 1979 est bleu. » Daniel Tammet est un autiste savant aux capacités hors du commun, un génie des nombres. Il a ainsi mémorisé les 22 514 premières décimales de pi, parle sept langues et a appris l'islandais en quatre jours. Pour lui, les nombres sont des formes et des couleurs. Dans ce témoignage plein d'espoir, il explique comment il a mis toute son énergie pour sortir de ces ténèbres qui l'ont longtemps coupé du monde et comment il a réussi à se socialiser. Un voyage en couleur qui entrouvre la prison de l'autisme.

« Daniel Tammet décrit la beauté et la force de son esprit d'une manière hallucinante.. Un livre saisissant et passionnant. » The New York Times

« La vie quasi normale d'un garçon ayant accepté sa différence. Heureux du chemin accompli. » Psychologies

Insightful reviews

Bastet: Este maravilloso libro me hubiera pasado inadvertido de no ser por una columna de Rosa Montero en *El País Semanal* en la que hablaba de un chico autista que había logrado la proeza (para un autista lo es) de escribir sus memorias. Existen en el mercado diversos manuales sobre el síndrome del autismo, de Asperger, etc., pero este libro es especialmente recomendable porque cuenta de primera mano cómo se siente y cómo reacciona un autista ante cada nueva situación a la que se enfrenta. Porque para los autistas, que viven en su propio mundo y les cuesta relacionarse con los demás, cada día es un reto.

Loederkoningin: Surprisingly unremarkable and uninspiring. Perhaps the fact that Daniel Tammet is an autistic savant (Asperger syndrome) should have prepared me for this monotonous description of his life, which lacks anything a "normal" person would appreciate: sparkling anecdotes, humor, good writing and most importantly - and my reason for picking up *Born on a Blue Day* in the first place - ; a peek into his interesting brain. I expected so much more from "the most remarkable and extraordinary mind on the planet". :-(

Velvetink: Daniel Tammet is a savant who sees numbers as shapes, colors, and textures, and who can perform unbelievable feats of calculation in his head. In 2004 he became something of a celebrity in England when he memorized and recited the first 22,000 digits of pi, setting a new world record.

The cover is a bit misleading with the tagline, "inside the extraordinary mind of an autistic savant". The author is not, in fact, autistic, and never was. He suffered from epilepsy & seizures during early childhood which doctors and scientists believe caused his savantism. This becomes immediately clear upon reading the first pages of the book. He does have Asperger's syndrome, but although Asperger's is considered to be loosely related to autism (or more accurately on the spectrum), it is certainly not the same. It is a much milder disorder, much less debilitating, and much more common. It is fairly common for someone with Asperger's to lead a

more or less normal life and fairly common for many to go undiagnosed until much later in life.... Several major Silicon Valley CEOs have been diagnosed with it & many more well known people of note have been retroactively diagnosed as having it. There was an article on Wired a while back entitled "The Geek Syndrome", which seems to cover Asperger's pretty well, at a layman's level, so I'm not going to detail it further here. Long story short, I consider this tagline disingenuous on the part of the publisher.

I found this book rather interesting. It is well-written and engaging, and the main character (the author himself) is interesting to get to know.

But I began to worry that the entire book would be a loose collection of examples of synesthesia. For an example, Tammet sees the number "1" as a very bright white, the number "11" is friendly, and "5" is loud like a clap of thunder. Scientists are particularly interested in his ability to see numbers as landscapes with color and texture and Tammet is currently helping them with their studies. I wonder at the outcome of this as no two people think alike and worry that his way of seeing numbers etc will be interpreted as some kind of bible within the scientific community. Tammet's input is important but like statistics he is only one not the majority.

While there is the assumption that synaesthesia is rare I don't believe it is "that" rare and believe that many people have some degree of it in various ways. I myself see words in images or moods as I read them and I know many others that do – and many folk who do gravitate towards the arts in some form. Ditto many musicians report seeing music in ways that the rest of us don't experience. I have to admit I can't do much maths these days without anti-depressants (& I'd rather not take them) - I now have a mental block for it ~ although in primary school I was pretty good & developed my own math system based on what I now know to be a binary system, until the nun's beat it out of me,(hence the mental block).... Anyhow that's probably TMI - but relevant to me, so when I came to Tammet's chapter on pi and more detailed maths I just skipped it. Maths geeks though will love it – I guess to give him his due what he can do is nothing short of amazing and his ability is compared to the 'Rainman', Kim Peek, who Tammet later met & continues to remain friends with.

The subsequent chapters begin a more chronological journey through the author's life. Tammet had a very difficult education. He was bullied by his classmates because of his "weirdness" and compulsive behaviour. He was socially withdrawn and preferred his own company. His parents were accepting and supporting of him and he credits their help with getting him through difficult periods.

Tammet gives this advice to parents of children suffering from epilepsy or autism: "Give your children the self-belief to hold on to their dreams, because they are the things that shape each person's future". (Something all parents should try to do).

Tammet is creating his own language, strongly influenced by the vowel and image-rich languages of northern Europe. (He already speaks French, German, Spanish, Lithuanian, Icelandic and Esperanto.) The vocabulary of his language - "Mänti", meaning a type of tree - reflects the relationships between different things. The word "ema", for instance, translates as "mother", and "ela" is what a mother creates: "life". "Päike" is "sun", and "päive" is what the sun

creates: "day". Tammet hopes to launch Mänti in academic circles later this year, his own personal exploration of the power of words and their inter-relationship. His website, Optimnem sells foreign language courses. Personally I found the idea of his "Mänti" language a bit pointless and silly when he can already speak multiple languages and there exists already Esperanto., but whatever rocks his boat.

Some other reviews I've read find difficulty in the fact that he is homosexual and Christian but there will always be naysayers and haters out there. In the $\frac{3}{4}$ quarter section of the book the narrative drifts a bit during his discussion of how he sees God & that could be my own bias in not being particularly interested one way or the other - and while I appreciate why he included it (to show he does have empathy and feelings etc), his openness on his sexuality and beliefs have probably caused him more derision than acceptance in some religious sectors. He does delve into religious matters more deeply on his blog.

Overall I'd recommend "Born on a Blue Day" to anyone interested in the workings of the human mind (particularly if you love maths). Daniel Tammet is an interesting guy. Exceptional in some areas and pretty normal in others. I feel the most positive thing is the overriding sense you get from Tammet's life is that you cannot hurl everyone into the same basket based on stereotypical medical categories like "savant" or "asperger's". While he is awesome calculating pi he does the dishes just like us.

*library borrow

Matt Tomaso: Born on a Blue Day: contained in the remarkable brain of an Autistic Savant Daniel Tammet is a hugely winning language educator who's additionally a high-functioning autistic savant with synesthesia. topic of the documentary movie "Brain Man", Tammet has seemed on tv a number of times. He has realized numerous languages, is very adept at convinced different types of math and, apparently, has an awesome memory. Tammet's good fortune is foreshadowed through the upbringing in a large, loving and hugely supportive family. He used to be encouraged to jot down his memoir, regardless of his relative youth, simply because he needed to move his notion directly to others like him and likewise needed to foster knowing for others with asperger's syndrome. Empathetic and lofty objectives for a guy who claims, from the beginning, to have needed to educate himself the best way to empathize. The publication will in all likelihood accomplish either tasks, and more. It is, like Tammet himself, uninhibited, sincere and clear, and it's a good fortune tale - for Tammet, for his kinfolk and friends, and, maybe most significantly for the realm within which he has succeeded. Tammet explains that his syndrome makes him a comparatively negative listener, yet an effusive speaker. while he was once younger, he explains, he could frequently easily communicate on a topic that him till he had acknowledged every little thing he needed to say approximately it despite any non-verbal cues his viewers could have produced. whereas i wouldn't say that Born on a Blue Day does this consistently, it does have a couple of moments with the intention to definitely appear unnecessary. however it isn't really an extended ebook and never a tricky read. it's also worth the attempt for anyone who enjoys exploring the diversity of human event with an open brain and open heart.

Cheryl Gatling: whilst I learn "The Curious Incident of the puppy within the evening Time," I steered the ebook to a friend, saying, "It enables you to be aware of what it truly is like within the brain of an autistic kid." My friend, who enjoys enjoying devil's advocate, asked, "How does the writer know? Is he autistic?" Well, no. yet during this case, the answer's yes. Daniel Tammet cannot tolerate crowds of people, noises, itchy clothes, or any switch to his routine. while he will get disappointed he sticks his hands in his ears, counts things, or walks in a circle. yet he additionally has outstanding talents with numbers and languages. He can calculate and memorize huge numbers, in part because of synesthesia. He studies numbers as shapes and colors. combos of numbers seem like landscapes to him, and he reveals them appealing and comforting. He can examine a brand new language in a week. there's consistently a fight among the savant facet and the autistic side. He discovers he's proficient at chess, yet offers it up as the noise and flow of the opposite participant distresses him. My favourite elements of this publication are these the place he describes how his brain works. Others have complained that Tammet narrates the occasions of his existence in a flat style. Well, duh. that is a part of the syndrome. yet they're notable occasions simply the same. After highschool he spent a 12 months instructing English in Lithuania. for a child who could not take a bus in his domestic city with out getting lost, to go back and forth in another country by means of himself confirmed nice braveness and helped to carry him out of his isolation. He broke the realm checklist for memorizing pi. He then turned the topic of a documentary, "Brainman" (a take off at the name of the motion picture "Rain Man"), which introduced him minor celebrity, and an visual appeal on David Letterman. the main outstanding occasions are the alterations that occurred inside of Daniel. In his youth he was once in general oblivious to the folks round him. His schoolmates have been like hindrances to navigate around. He simply did his personal thing. sooner or later he determined he desired to be with regards to different people, and one way or the other he discovered how. He realized to strength himself to seem humans within the eyes while speaking, and never on the floor. He discovered to pay attention to what the opposite individual was once saying. on the finish of the book, Tammet describes the lives of his mom and dad and brothers and sisters, simply because they've got develop into vital to him. He has discovered to get pleasure from their company. I discover i've got used the be aware "remarkable" thrice during this review, so enable that be my precis of Daniel Tammet's life, and his book: remarkable.

L: think getting a glimpse contained in the brain of somebody dwelling with autism. Tammet takes us into his global during this appealing and interesting memoir (for loss of a greater descriptor) written in his mid-twenties. Tammet's global is one in every of numbers, counting, language, and different fascinations. it's also a occasionally lonely place. discovering love replaced that. When whatever catches Tammet's attention, apparently every thing else ceases to exist. Tammet tells a narrative of seeing a girl trojan horse on a bush whilst he's strolling domestic from the bus. He turned so engrossed that he ultimately simply sat himself down at the sidewalk to observe her; humans walked round him. ultimately he positioned out his finger for her to climb onto, then ran domestic to start his girl malicious program collection, a suite later tossed through a instructor who requested him to carry it to class, yet then feared the masses of insects may break out into the classroom. Even so, this was once now not as undesirable because the chestnut assortment that grew so huge his mom and dad feared it is going to come in the course of the ground of his second-story bedroom. there's additionally the outline of exactly the means during which brushing his enamel was once bodily painful, anything he

couldn't clarify to his mom and dad (who notion brushing a great idea), and the way he handled this and found out how to brush his the teeth that he can tolerate. Tammet's kin (of eleven!) is featured prominently during this book. In fact, the booklet is in part a testimony to the devotion of his parents, even if they honestly did not comprehend his ailment, and the worth of getting siblings who understood sufficient that issues at domestic may possibly "work." It's also, I feel unintentionally, a testimony to a social carrier procedure (UK) that made it attainable for this family members to survive, even thrive, with 9 children--at one point, 5 children below the age of four--two of them with autism and, and a father who suffered a chain of psychological breakdowns. Evidently there are weaknesses, or even areas missing clarity. Tammet's movement from being in most cases not able to speak successfully verbally, having no clutch of emotions, no longer getting issues comparable to why it's not cool to simply contact humans in case you want, and so forth to signing as much as be a global volunteer is one such gap. Yes, he's a savant and has a few actually brilliant abilities, particularly in math and languages. Still, this bounce in all fairness astounding. His luck in Iceland--professional and social--is tough to fathom. The language skill can also be demanding to understand, in a few ways. Yes, languages contain plenty of words, whatever he will be sturdy at, and ideas for use, again, whatever that matches with the maths ability. However the skill to actually comprehend shared meaning, this I want to work out discussed. Similarly, while he unearths love, as a reader you're thrilled for him. Still, how was once that actually possible? How a lot emotion does he rather feel? How does the autism impinge at the relationship, past the sensible issues similar to his lack of ability to force and his occasional outbursts while he's overwhelmed? I assume what we're lacking are: (1) a few checking out of the place Tammet falls at the autism spectrum, how remarkable he's past the 1 in a hundred "prodigious savants", extra of a qualitative brushstroke of this autism spectrum to which he refers relatively often; and (2) an improved view of ways Tammet is visible via others, either his intimate circle and strangers. For this latter to be lacking in a booklet written via an individual with autism is, I suppose, inevitable. Regardless of those light frustrations, it's transparent that Tammet is an grand younger man. He has written a publication that's mature and delicate method past his years. He has additionally given readers the large present of a view into his existence and mind.

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