



Charles W. Luckmann & Paul S. Piper

## Flying Trout Press

Flying Trout Press was founded in 2004 as a 501(c)(3) charitable organization, in order to discover and publish the literature of the disabled, particularly those with fragile X syndrome and autism.

Our intention is to foster a community of storytelling and art by connecting people and sharing their stories. The flying trout in our logo symbolizes the hero's journey: transcending boundaries and then returning home, transformed.

Please contact us for more information about Flying Trout Press, to purchase books or to make a contribution.

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*X Stories* was made possible by a grant from The Lucky Seven Foundation, and other donors.

I truly loved this book. I couldn't stop reading these stories. With honesty, love, tears, and sometimes humor, the writers bring alive their experiences of caring for a child, sibling, or patient with a serious disability. As a mother of a 16-year-old boy with fragile X, I found the essays riveting and ultimately uplifting.

**Katie Clapp**  
Executive Director, FRAXA Research Foundation

Charles Luckmann and Paul Piper have added greatly to the growing body of literature about living with fragile X. Not only is this a terrific collection of observations and commentaries by parents, grandparents, siblings, and caregivers, but Luckmann also shares eloquently about life with his own son, Noah. Many of these entries will have a familiar ring to those caring for a person with fragile X. But any reader will find them worthwhile.

**John Harrigan**  
President, Board of Trustees,  
National Fragile X Foundation

The personal stories shared in these pages convey a wide range of powerful emotions and impart a joint wisdom. There are examples of great strength and deep despair, stories of hope and joy. Fear, frustration, heartbreak, acceptance, trials, and triumphs are all represented here. This is a handbook for all of us who live with the consequences of fragile X. It is a companion to reassure us that we are not alone.

**Mary Jane Clark**  
*New York Times* best-selling author

Bar Code Placement  
ISBN 0-9785203-0-0

**X Stories**  
The Personal Side of fragile X syndrome

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# X Stories



## The Personal Side of fragile X syndrome

Edited by: Charles W. Luckmann & Paul S. Piper

**Fragile X syndrome**, a genetic disorder, is the world's leading cause of inherited mental impairment. Individuals can be fully affected or they can be carriers and exhibit no symptoms at all. Although it is easily identified with a simple blood test, fragile X often goes undiagnosed. Parents who never knew they were carriers can pass it along to their children.

In **X Stories**: The Personal Side of fragile X syndrome, people who have been touched by fragile X tell in their own words how it has transformed their lives. There are stories about family life before and right after diagnosis and stories that span generations, as fragile X carriers and fully affected individuals move into adolescence, adulthood, and old age. But this book is not just for families who share an inherited genetic syndrome. It is for anyone who has faced challenges and coped with life's unexpected events—and learned how to grow into the people they were always meant to become.