

The 600 Hours of Edward by Craig Lancaster

The 600 hours relate to the 25 days covered in this book. Edward has Asperger syndrome and Obsessive Compulsive Disorder.

After problems involving the 49 letters he wrote to Garth Brooks, resulting in a restraining order, his father buys a house for Edward to live in alone. His father arranges for him to be seen by Dr Buckley every week. She suggests that he should write a letter of complaint every night, but never post them, instead he keeps them in a file. In the morning when wakes he records the time and at one point mentions that he has never woken at 7.28 before. At 10 pm every night he watches a recorded copy of Dragnet. After he has seen all his copies he then starts again from the beginning. His father only communicates via an attorney who pays Edwards bills and issues reprimands and instructions from his father.

Life changes when a young woman with a child move in across the road and for the first time he makes a genuine contact with another person.

The book is both sad, funny and uplifting as Edward's life gradually expands. It seems to have pleased most of our members, despite the repetition at the beginning depicting his daily life. I particularly loved the writing letters of complaint and not posting them, what a great way of relieving one's own frustrations.