

Odd Girl Out An Autistic Woman In A Neurotypical World

What do you do when you wake up in your mid-forties and realize you've been living a lie your whole life? Do you tell? Or do you keep it to yourself?Laura James found out that she was autistic as an adult, after she had forged a career for herself, married twice and raised four children. This book tracks the year of Laura's life after she receives a definitive diagnosis from her doctor, as she learns that 'different' doesn't need to mean 'less' and how there is a place for all of us, and it's never too late to find it.Laura draws on her professional and personal experiences and reflects on her life in the light of her diagnosis, which for her explains some of her differences; why, as a child, she felt happier spinning in circles than standing still and why she has always found it difficult to work in places with a lot of ambient noise. Although this is a personal story, the book has a wider focus too, exploring reasons for the lower rate of diagnosed autism in women and a wide range of topics including eating disorders and autism, marriage and motherhood.This memoir gives a timely account from a woman negotiating the autistic spectrum, from a poignant and personal perspective.

Autistic people often feel they have to present as neurotypical or perform neurotypical social behaviours in order to fit in. So-called 'masking' is a social survival strategy used by autistic people in situations where neurodiversity is not understood or welcomed. While this is a commonly observed phenomenon in the autistic community, the complexities of masking are still not widely understood. This book combines the latest research with personal case studies detailing autistic experiences of masking. It explains what masking is and the various strategies used to mask in social situations. The research also delves into the psychology behind masking and the specifics of masking at school, at social events with peers, and at work. The book looks at the consequences of masking, including the toll it can have on mental and physical health, and suggests guidance for family, professionals, and employers to ameliorate negative effects. With a diverse range of voices, including perspectives across gender, ethnicity and age, this is the comprehensive guide to masking and how to support autistic people who mask. This book addresses the specific mental health needs of girls and young women with autism spectrum disorder (ASD). Looking at the ways autism presents differently in girls than in boys, and the mental health conditions that occur most frequently in girls with ASD, this is the essential guide for clinicians and educators on tailoring interventions and support to meet girls' needs. Describing the current assessment process for autism diagnosis, the book explains why girls are under- or mis-diagnosed, leading to later mental health issues. It outlines the types of intervention that are particularly helpful for working with girls to reduce anxiety, improve social interaction skills, and manage self-harm. The book also covers how to manage eating disorders and feeding difficulties, focusing on working with girls with sensory processing difficulties. There is advice on how to deal with the emotional impact on parents, carers and families, and the challenges they face when negotiating appropriate psychological and educational support.

Autism in women and girls is still not widely understood, and is often misrepresented or even overlooked. This graphic novel offers an engaging and accessible insight into the lives and minds of autistic women, using real-life case studies. The charming illustrations lead readers on a visual journey of how women on the spectrum experience everyday life, from metaphors and masking in social situations, to friendships and relationships and the role of special interests. Fun, sensitive and informative, this is a fantastic resource for anyone who wishes to understand how gender affects autism, and how to create safer supportive and more accessible environments for women on the spectrum.

A User Guide to an Asperger Life

Temple Grandin

Working with Girls and Young Women with an Autism Spectrum Condition

Invisible Differences

A Girl Like Tilly

Developing an Integrated Approach

Empowering Females with Asperger Syndrome

Max Toper isn't normal. His teacher segregates him at the back of the class, away from his peers. Other children make friends, yet he can't. He's told he has autism, a condition that seems to bring disaster after disaster, with no chance of achievement. But not all is hopeless. Change comes when he discovers his calling as a guild leader in the virtual world of Galactic Conquest, a place where he is respected and powerful. But can the digital world stop reality seeping in, or prevent him from addressing his demons? Can Max handle the inevitable reckoning and forge a pathway to adulthood? "Why is He Still Here?" is a memoir providing insight into the life of one young person **with autism and his experiences in the education-system and digital world.**

From early childhood, Laura James knew she was different, but it wasn't until her mid-forties that she found out why. A successful journalist and mother to four children, she had spent her whole life feeling as if she were running a different operating system to those around her. This book charts a year in her life and offers a unique insight into the autistic mind and the journey from diagnosis to acceptance. Drawing on personal experience, research and conversations with experts, she learns how 'different' doesn't need to mean 'less' and how it's never too late for any of us to find our place in the world. Laura explores how and why female autism is so under-diagnosed and very different to that seen in men and boys and explores difficulties and benefits neurodiversity can bring.

Autism is a bit like an ice-cream sundae. There are lots of ingredients that go into it. There are so many types of sundae glasses out there. Some are plain and simple, some are loud and proud! In fact, sundae glasses are a bit like people - we're all different. Because we all have different personalities, autism doesn't look the same in everybody. This picture-led book uses ice-cream sundae ingredients to represent various aspects of autism such as sensory differences, special interests or rigidity of thinking, explaining the different facets of autism in a neutral way. The reader can create their own individual 'ice-cream sundae' to illustrate their personal strengths and challenges, highlighting how it makes them unique and helping to build confidence and self-awareness. It includes colourful illustrations and workbook activities to help children cement their understanding of autism.

Most scientific research to date has been carried out on males and some people think this means the diagnostic criteria for ASD is not suitable for diagnosing females. I am often asked what the differences are between males and females with ASD and the answer isn't easy... to date, I am still not sure there are any differences other than that: females might be better at 'masking' (hiding) their ASD females might have more complex thoughts associated with their ASD females might have greater awareness of themselves and of others Truthfully, I feel that the main differences between any two people with ASD comes down to their personality type and in particular how introverted or extroverted they are. I hope you enjoy this book. It is entirely fictional, based on my own personal experiences, and should be taken as such. Indeed, The Boy with the Spiky Hair is just one individual, just like The Girl with the Curly Hair and just like you and me! Professor Tony Attwood says, " I think the juxtaposition of the girl's speech and thoughts with that of the boy is an excellent way of identifying some of the differences that can occur between girls and boys with Asperger's syndrome. Alis's text is very succinct and clear and as I read through the book, I had many "aha, yes that's so true" moments. I think the book will be particularly valuable for clinicians in exploring the different thinking and presentation of boys and girls with Asperger's syndrome."

Nerdy, Shy, and Socially Inappropriate

How to Talk to an Autistic Kid

The Spectrum Girl's Survival Guide

A Woman's Walk In The Wild To Find Her Way Home

The Hidden Lives of Autistic Women

Camouflage

Diagnosis, Intervention and Family Support

Translated for the very first time in English, *Invisible Differences* is the deeply moving and intimate story of what it's like to live day to day with Asperger Syndrome. Marguerite feels awkward, struggling every day to stay productive at work and keep up appearances with friends. She's sensitive, irritable at times. She makes her environment a fluffy, comforting cocoon, alienating her boyfriend. The her senses, the constant chatter of her coworkers working her last nerve. Then, when one big fight with her boyfriend finds her frustrated and dejected, Marguerite finally investigates the root of her discomfort: after a journey of tough conversations with her loved ones, doctors, and the internet, she discovers that she has Aspergers. Her life is profoundly changed – for the better. The face of autism is changing. And more often than we realize, that face is wearing lipstick. Autism in Heels, an intimate memoir, reveals the woman inside one of autism's most prominent figures, Jennifer O'Toole. At the age of thirty-five, Jennifer was diagnosed with Asperger's syndrome, and for the first time in her life, things made sense. Now, Jennifer exposes the constant struggle between authentic existence, editing the autism script with wit, candor, passion, and power. Her journey is one of reverse-self-discovery not only as an Aspie but--more importantly--as a thoroughly modern woman. Beyond being a memoir, Autism in Heels is a love letter to all women. It's a conversation starter. A game changer. And a firsthand account of what it is to walk in Jennifer's shoes (especially if you had bad perms or body image, sexuality or self-esteem, Jennifer's is as much a human journey as one on the spectrum. Because autism "looks a bit different in pink," most girls and women who fit the profile are not identified, facing years of avoidable anxiety, eating disorders, volatile relationships, self-harm, and stunted independence. Jennifer has been there, too. Autism in Heels takes that message of struggles and self-discovery, she has built an empire of empowerment, inspiring women the world over to realize they aren't mistakes. They are misunderstood miracles.

Around one in one hundred people in the UK are autistic, and the saying goes that if you've met one autistic person, you've met one autistic person. Autistic people's personalities, differences and experiences outweigh the diagnostic criteria that link them, yet stereotypes persist and continue to inform a fundamental misunderstanding of what it is to be autistic. Rarely do autistic people get a chance to be heard. This collection of insightful and eye-opening collection of essays, fiction and visual art showcases the immense talents of eighteen of the world's most exciting autistic writers and artists. Stim invites the reader into the lives and minds of the contributors, and asks them to recognise the challenges of being autistic in a non-autistic world. Inspired by a desire to place the conversation around autism back into autism, has brought together humorous, honest and hopeful pieces that explore the many facets of being autistic.

'A wise SatNav for what is often a bewildering, or even scary, zone of parenting. The book offers real-world, road-tested, child-first and family-friendly advice: while also highlighting the twin truths that autism is not a tragedy, and that adaptation and acceptance are not resignation' David Mitchell, bestselling author and co-translator of *The Reason I Jump* 'A must-read for anyone with an autistic child' *The Guardian* 'An essential guide for parents of autistic children' *The Telegraph* 'A wise SatNav for what is often a bewildering, or even scary, zone of parenting. The book offers real-world, road-tested, child-first and family-friendly advice: while also highlighting the twin truths that autism is not a tragedy, and that adaptation and acceptance are not resignation' David Mitchell, bestselling author and co-translator of *The Reason I Jump* 'A must-read for anyone with an autistic child' *The Guardian* 'An essential guide for parents of autistic children' *The Telegraph* 'The condition as a difference rather than a disorder and includes guidance on: · What to do if you think your child is autistic · How to understand and support your child at school and at home · Mental health and autism · The differences between autistic girls and boys 'It is incredibly useful and informative, full of new research and interviews that put right an awful lot of misinformation. I cannot recommend it enough' Uta Frith, Emeritus Professor of Cognitive Development, UCL

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How and Why People Do It, and the Impact It Can Have

Spectrum Women

Stories from Life at the Intersection

Understanding Life Experiences from Early Childhood to Old Age

Life Through the Eyes of a Woman on the Autism Spectrum

We're Not Broken

Nothing about This Is Easy and Here Is Why

'This book is not only reassuring; it is inspiring, and bursting with ideas and achievable strategies. The authors write with authority and conviction, and tackle even the most difficult and delicate of topics. If ever you needed to be convinced that girls with ASD can overcome the difficulties and challenges of puberty and adolescence, have successful friendships and relationships and enjoy a healthy sexuality, then take the time to read this book - it is a must-have for families, teachers and therapists alike.' -Sarah Attwood, author of *Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome* *Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and 'fitting in'. Taking a good look at these adolescent issues, and many more, within the context of specific areas of difficulty for girls with ASDs, the authors provide families with the knowledge and advice they need to help their daughters - and the whole family - through the teenage years. This book addresses core issues such as cognition, communication, behavior, sensory sensitivities, and social difficulties; it gives candid and realistic advice on a wide range of important teenage topics. Providing professional perspectives alongside personal experiences from mothers, daughters and educators, this is a unique and indispensable guide for families and their daughters with ASDs, as well as the teachers and professionals who work with them.*

Cynthia Kim explores all the quiriness of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of being autistic. Her own life presents many rich examples. From being labelled nerdy and shy as an undiagnosed child to redefining herself when diagnosed with Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with the results of extensive research to explore the 'why' of ASD traits. She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism. Well known in the autism community and beyond for her popular blog, Musings of an Aspie, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.

The difference that being female makes to the diagnosis, life and experiences of a person with an Autism Spectrum Disorder (ASD) has largely gone unresearched and unreported until recently. In this book Sarah Hendrickx has collected both academic research and personal stories about girls and women on the autism spectrum to present a picture of their feelings, thoughts and experiences at each stage of their lives. Outlining how autism presents differently and can hide itself in females and what the likely impact will be for them throughout their lifespan, the book looks at how females with ASD experience diagnosis, childhood, education, adolescence, friendships, sexuality, employment, pregnancy and parenting, and aging. It will provide invaluable guidance for the professionals who support these girls and women and it will offer women with autism a guiding light in interpreting and understanding their own life experiences through the experiences of others.

Zak has autism, so he sometimes responds to the world around him in unconventional ways. As Zak describes his point of view, young readers gain a better understanding of his behaviors and learn valuable lessons about patience, tolerance and understanding.

The Untold Story of a Female Life on the Spectrum

Stim

The Girl With the Curly Hair Meets the Boy With the Spiky Hair

Asperger Syndrome and Alcohol

The Curious Incident of the Dog in the Night-Time

The Radical Power of Embracing Our Neurodiversity

Autism in Heels

This ground-breaking book foregrounds the voices of autistic trans people as they speak candidly about how their autism and gender identity intersects and the impact this has on their life. Drawing upon a wealth of interviews with transgender people on the autism spectrum, the book explores experiences of coming out, with self-discovery, healthcare, family, work, religion and community support, to help dispel common misunderstandings around gender identity and autism, whilst allowing autistic trans people to see their own neurodiverse experiences reflected in these interviews. An incisive introduction clearly sets out up-to-date research and thinking, before each chapter draws together key findings from the interviews, along with advice and support for those providing support to autistic trans individuals. Both accessible and authoritative, *Trans and Autistic* is an essential publication for autistic trans people, their families, and professionals wanting to understand and support their clients better.

'Reading this felt like being at home - I didn't realise how much I masked. What an incredible book that I know will be re-read many times over.' - Dr Camilla Pang, author of *Explaining Humans*'Unmasking Autism is at once a most deeply personal and scholarly account of the damage caused by autistic (and all) people leading masked lives, and how unmasking is essential to creating a self-determined, authentic life... This is a remarkable work that will stand at the forefront of the neurodiversity movement' - Dr Barry M. Prizant, author of *Uniquely Human* Have you, a friend or family member been living with undiagnosed autism?For every visibly Autistic person you meet, there are countless 'masked' people who pass as neurotypical. They don't fit the stereotypical mould of Autism and are often forced by necessity to mask who they are, spending their entire lives trying to hide their Autistic traits. In particular, there is evidence that Autism remains significantly undiagnosed in women, people of colour, trans and gender non-conforming people, many of whom are only now starting to recognise those traits later in life.Blending cutting-edge research, personal insights and practical exercises for self-expression, Dr Devon Price examines the phenomenon of 'masking', making a passionate argument for radical authenticity and non-conformity. A powerful call for change, Unmasking Autism gifts its readers with the tools to uncover their true selves and build a new society - one where everyone can thrive on their own terms.

Subject: Girls with Asperger's Syndrome are less frequently diagnosed than boys, & even once symptoms have been recognized, help is often not readily available. The image of coping well presented by AS females can often mask difficulties, deficits, challenges, & loneliness.

What do you do when you wake up in your mid-forties and realize you've been living a lie your whole life? Do you tell? Or do you keep it to yourself? Laura James found out that she was autistic as an adult, after she had forged a career for herself, married twice and raised four children. This book tracks the year of Laura's life after she receives a definitive diagnosis from her doctor, as she learns that 'different' doesn't need to mean 'less' and how there is a place for all of us, and it's never too late to find it. Laura draws on her professional and personal experiences and reflects on her life in the light of her diagnosis, which for her explains some of her differences; why, as a child, she felt happier spinning in circles than standing still and why she has always found it difficult to work in places with a lot of ambient noise. Although this is a personal story, the book has a wider focus too, exploring reasons for the lower rate of diagnosed autism in women and a wide range of topics including eating disorders and autism, marriage and motherhood. Odd Girl Out gives a timely account from a woman negotiating the autistic spectrum, from a poignant and personal perspective.

Growing up with Autism

Walking to the Beat of Autism

The Art of Autism

Asd in Females Vs Males

How the Girl Who Loved Cows Embraced Autism and Changed the World

Odd Girl Out

Drama Queen

Addressing the gender gap in the understanding of autism, this multi-perspective book explores the educational needs of girls on the autism spectrum from early years to secondary school, in both mainstream and special settings. The collection, comprising insights from autistic women and girls and educational and medical professionals makes recommendations for a collaborative and integrated approach that enables girls on the spectrum to reach their full potential. By establishing close collaborations between girls on the spectrum, their parents, teachers and specialist professionals, the field can move forwards in terms of providing understanding and an appropriate educational framework for success.

AUDIBLE EDITOR'S PICK A paradigm-shifting study of neurodivergent women—those with ADHD, autism, synesthesia, high sensitivity, and sensory processing disorder—exploring why these traits are overlooked in women and how society benefits from allowing their unique strengths to flourish. As a successful Harvard and Berkeley-educated writer, entrepreneur, and devoted mother, Jenara Nerenberg was shocked to discover that her “symptoms”—only ever labeled as anxiety-- were considered autistic and ADHD. Being a journalist, she dove into the research and uncovered neurodiversity—a framework that moves away from pathologizing “abnormal” versus “normal” brains and instead recognizes the vast diversity of our mental makeups. When it comes to women, sensory processing differences are often overlooked, masked, or mistaken for something else entirely. Between a flawed system that focuses on diagnosing younger, male populations, and the fact that girls are conditioned from a young age to blend in and conform to gender expectations, women often don't learn about their neurological differences until they are adults, if at all. As a result, potentially millions live with undiagnosed or misdiagnosed neurodivergences, and the misidentification leads to depression, anxiety, low self-esteem, and shame. Meanwhile, we all miss out on the gifts their neurodivergent minds have to offer. Divergent Mind is a long-overdue, much-needed answer for women who have a deep sense that they are “different.” Sharing real stories from women with high sensitivity, ADHD, autism, misophonia, dyslexia, SPD and more, Nerenberg explores how these brain variances present differently in women and dispels widely-held misconceptions (for example, it’s not that autistic people lack sensitivity and empathy, they have an overwhelming excess of it). Nerenberg also offers us a path forward, describing practical changes in how we communicate, how we design our surroundings, and how we can better support divergent minds. When we allow our wide variety of brain makeups to flourish, we create a better tomorrow for us all.

Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. Utilising their professional and personal experience, the authors provide an overview of ASDs and of alcohol abuse, and explore current knowledge about where the two overlap. Tinsley explores his own personal history as someone with an ASD who has experienced and beaten alcohol addiction. He discusses how the impact of his diagnosis and his understanding of the condition played a huge part in his recovery, and how by viewing his life through the prism of autism, his confusion has been replaced by a greater understanding of himself and the world around him. This inspiring book on an under-researched area will be of interest to professionals working with people with ASDs, as well as individuals with ASDs who may be dealing with alcohol or substance misuse, and their families.

"... powerfully renders what it’s like to live life to the fullest." Publishers Weekly Starred Review My name is Mickey Rowe. I am an actor, a theatre director, a father, and a husband. I am also a man with autism. You think those things don’t go together? Let me show you that they do. Growing up, Mickey Rowe was told that he couldn’t enter the mainstream world. He was iced out by classmates and colleagues, infantilized by well-meaning theatre directors, barred from even earning a minimum wage. Why? Because he is autistic. Fearlessly Different: An Autistic Actor's Journey to Broadway's Biggest Stage is Mickey Rowe’s story of growing up autistic and pushing beyond the restrictions of a special education classroom to shine on the stage. As an autistic and legally blind person, living in a society designed by and for non-disabled people, it was always made clear to Mickey the many things he was apparently incapable of doing. But Mickey did them all anyway—and he succeeded because of, not in spite of, his autism. He became the first autistic actor to play the lead role in the play The Curious Incident of the Dog in the Night-Time, landed the title role in the play Amadeus, co-created the theatre/philanthropy company Arts on the Waterfront, and founded the National Disability Theatre. Mickey faced untold obstacles along the way, but his story ends in triumph. Many people feel they are locked out of the world of autism—that it’s impossible to even begin to understand. In Fearlessly Different, Mickey guides readers to that world while also helping those with autism to feel seen and understood. And he shows all people—autistic and non-autistic alike—that the things that make us different are often our biggest strengths.

My Extraordinary Autistic Life

Shifting Perceptions

Thriving in a World That Wasn't Designed for You

Frankie's World: A Graphic Novel

An Autistic Anthology

ODD GIRL OUT.

Women and Girls with Autism Spectrum Disorder

Tilly is a bit of a puzzle. She’s struggling at school, she really doesn’t like surprises, she isn’t sure if she’s a girl or a boy, and she just doesn’t want to make new friends. Why is it such hard work to try and understand people, or for them to understand her? This poignant story maps the entire childhood of a bright young girl with autism. Growing up undiagnosed, she finds life increasingly difficult and confusing. Unable to communicate her thoughts and feelings, she retreats further into her own world while her family grows evermore perplexed and concerned. When a psychologist finally explains what makes her special, they can stop focusing on the problems and start to navigate a new way forward for Tilly. With vividly expressive illustrations and minimal words, this story is a valuable and accessible tool for helping children aged 7-13 and their families understand female autism, and will also be immensely helpful to readers interested in understanding better how autism manifests in girls. Honest, positive, and ultimately hopeful, it is inspired by the real childhood of Helen Bates’s daughter Rachel, who also writes about her experiences on her blog www.agirlliketilly.com.

“Never be ashamed of being different: it is this difference that makes you extraordinary and unique.” This essential go-to guide gives you all the advice and tools you'll need to help you flourish and achieve what you want in life. From the answers to everyday questions such as 'Am I using appropriate body language?' and 'Did I say the wrong thing?', through to discussing the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads, award-winning neurodiversity campaigner Siena Castellon uses her own experiences to provide you with the skills to overcome any challenge. With practical tips on friendships, dating, body image, consent and appearance, as well as how to survive school and bullying, The Spectrum Girl's Survival Guide gives you the power to embrace who you are, reminding you that even during the toughest of teen moments, you are never alone.

“Nothing About This is Easy and Here is Why” is a short book that has taken a lifetime to write. It is filled with little stories from Mari Stein’s “Autistic Brain.” When she was a child there was no diagnosis for her, and her parents would not have spent the money on testing even if there was. This memoir is a testament to a misunderstood life and will help others recognize that they are not alone. Stories written from as early as 1985 chronicle the workings of an Autistic mind. For many people with Autism loneliness is a daily struggle, this book will help them remember that there are millions of people just like them.

From acclaimed Autistic Irish comedian Aoife Dooley comes a fresh and funny debut middle-grade graphic novel about fitting in and standing out. Frankie is different from everyone in her class, and she can't figure out why. She has trouble concentrating, and her classmates tease her for not having a dad at home. To try to make sense of the world, Frankie doodles her daily adventures in a journal.

One day, when Frankie sneaks into her mom's room and sees her biological father's name on her birth certificate, she decides to go on a mission to track him down. Could Frankie's father be the key to finding out why Frankie feels so adrift? A unique story told with a light touch and an abundance of warmth and wit, Frankie's World is laugh-out-loud funny and a love letter to daring to be different.

Divergent Mind

How to raise a happy autistic child

Autism and Masking

Changing the Autism Conversation

A Practical Guide for Clinicians

What Parents and Professionals Should Know About the Pre-Teen and Teenage Years

Positive, practical and realistic, this book offers a wealth of information on women, dating and relationships for men with Asperger Syndrome (AS). Many AS men are totally confused and bewildered by women and relationships and find it hard to know what to do, what to say and how to get it right. For these men, understanding the emotional side to relationships and women’s needs can be a complete mystery and they often get it disastrously wrong. This practical handbook provides the answers to Asperger men’s most frequently asked questions about women, dating and relationships, helping them to understand the way relationships work and increasing their confidence and ability to have successful relationships. This comprehensive handbook is essential reading for men with Asperger Syndrome (and their partners). It will also be of immeasurable use to counsellors and other professionals working with such individuals.

Barb Cook and 14 other autistic women describe life from a female autistic perspective, and present empowering, helpful and supportive insights from their personal experience for fellow autistic women. Michelle Garnett’s comments validate and expand the experiences described from a clinician’s perspective, and provide extensive recommendations. Autistic advocates including Liane Holliday Willey, Anita Lesko, Jeanette Purkis, Artemisia and Samantha Craft offer their personal guidance on significant issues that particularly affect women, as well as those that are more general to autism. Contributors cover issues including growing up, identity, diversity, parenting, independence and self-care amongst many others. With great contributions from exceptional women, this is a truly well-rounded collection of knowledge and sage advice for any woman with autism.

The New York Times bestselling author of Wintering writes a life-affirming exploration of wild landscapes, what it means to be different and, above all, how we can all learn to make peace with our own unquiet minds . . . In anticipation of her 38th birthday, Katherine May set out to walk the 630-mile South West Coast Path. She wanted time alone, in nature, to understand why she had stopped coping with everyday life; why motherhood had been so overwhelming and isolating; and why the world felt full of expectations she couldn’t meet. She was also reeling from a chance encounter with a voice on the radio that sparked her realisation that she might be autistic. And so begins a trek along the ruggedly beautiful but difficult path by the sea that takes readers through the alternately frustrating, funny, and enlightening experience of re-awakening to the world around us... The Electricity of Every Living Thing sees Katherine come to terms with that diagnosis leading her to re-evaluate her life so far — with a much kinder, more forgiving eye. We bear witness to a new understanding that finally allows her to be different rather than simply awkward, arrogant or unfeeling. The physical and psychological journeys of this joyous and inspiring book become inextricably entwined, and as Katherine finds her way across the untameable coast, we learn alongside her how to find our way back to our own true selves.

A bestselling modern classic—both poignant and funny—narrated by a fifteen year old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions. Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. Although gifted with a superbly logical brain, Christopher is autistic. Everyday interactions and admonishments have little meaning for him. At fifteen, Christopher’s carefully constructed world falls apart when he finds his neighbour’s dog Wellington impaled on a garden fork, and he is initially blamed for the killing. Christopher decides that he will track down the real killer, and turns to his favourite fictional character, the impeccably logical Sherlock Holmes, for inspiration. But the investigation leads him down some unexpected paths and ultimately brings him face to face with the dissolution of his parents’ marriage. As Christopher tries to deal with the crisis within his own family, the narrative draws readers into the workings of Christopher’s mind. And herein lies the key to the brilliance of Mark Haddon’s choice of narrator: The most wrenching of emotional moments are chronicled by a boy who cannot fathom emotions. The effect is dazzling, making for one of the freshest debut in years: a comedy, a tearjerker, a mystery story, a novel of exceptional literary merit that is great fun to read.

An Interactive Kids' Book for Understanding Autism

Education and Girls on the Autism Spectrum

Unmasking Autism

How to Grow Up Awesome and Autistic

Aspergirls

A Guide to Mental Health Issues in Girls and Young Women on the Autism Spectrum

Autism

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In We're Not Broken, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

Odd Girl OutAn Autistic Woman in a Neurotypical WorldBluebird

When Temple Grandin was born, her parents knew that she was different. Years later she was diagnosed with autism. While Temple’s doctor recommended a hospital, her mother believed in her. Temple went to school instead. Today, Dr. Temple Grandin is a scientist and professor of animal science at Colorado State University. Her world-changing career revolutionized the livestock industry. As an advocate for autism, Temple uses her experience as an example of the unique contributions that autistic people can make. This compelling biography complete with Temple’s personal photos takes us inside her extraordinary mind and opens the door to a broader understanding of autism.

A sensory portrait of an autistic mind From childhood, Laura James knew she was different. She struggled to cope in a world that often made no sense to her, as though her brain had its own operating system. It wasn't until she reached her forties that she found out why: Suddenly and surprisingly, she was diagnosed with autism. With a touching and searing honesty, Laura challenges everything we think we know about what it means to be autistic. Married with four children and a successful journalist, Laura examines the ways in which autism has shaped her career, her approach to motherhood, and her closest relationships. Laura’s upbeat, witty writing offers new insight into the day-to-day struggles of living with autism, as her extreme attention to sensory detail—a common aspect of her autism—is fascinating to observe through her eyes. As Laura grapples with defining her own identity, she also looks at the unique benefits neurodiversity can bring. Lyrical and lush, Odd Girl Out shows how being different doesn't mean being less, and proves that it is never too late for any of us to find our rightful place in the world.

An Autistic Woman in a Neurotypical World

Uniquely Wired: A Story about Autism and Its Gifts

Fearlessly Different

Girls Growing Up on the Autism Spectrum

One Autistic Woman and a Life of Unhelpful Labels

The Ice-Cream Sundae Guide to Autism

Drinking to Cope?

A collection of personal stories, knowledgeable explanations, and supportive advice written by a fourteen-year-old autistic boy to help provide readers with the confidence and tools necessary to befriend autistic kids.

This guide shows how clinicians can help girls and young women with ASC to reach their full potential, by adopting more relationship-based, individualised approaches. With contributions from young women about their experiences in clinical settings, the book reflects on what clinicians have done right and wrong to date, why girls and women with ASC are too often misunderstood, and how the culture of how clinicians work with them needs to change in order to achieve better results. In a concise and practical way, it covers how to better understand clients’ needs and foster strong relationships through diagnosis, understanding comorbidities, sensory issues, self-harm, emotional regulation, assessments, interventions and strategies.

Why is He Still Here?

What Men with Asperger Syndrome Want to Know About Women, Dating and Relationships

The Electricity of Every Living Thing

Trans and Autistic

An Autistic Actor's Journey to Broadway's Biggest Stage