



**NEURO-
AFFIRMING
READING
LIST**

Books by Autistic and Neurodivergent Authors

Adult Identity, Advocacy & Lived Experience

“Unmasking Autism” – Dr. Devon Price

A compassionate guide on authenticity, masking, and reclaiming identity.

“Loud Hands: Autistic People, Speaking” – Edited by Julia Bascom

Essays from Autistic voices resisting oppression and reclaiming voice.

“Divergent Mind” – Jenara Nerenberg

Focuses on women and nonbinary people with ADHD, Autism, and sensory sensitivities.

“The Reason I Jump” – Naoki Higashida (translated by David Mitchell)

Insightful reflections from a non-speaking autistic teenager.

“All the Weight of Our Dreams: On Living Racialized Autism” – Autism in Color

A powerful collection centering BIPOC Autistic voices.

“What I Mean When I Say I’m Autistic” – Annie Kotowicz

Raw, validating exploration of Autistic experience through essays and poetry.

“The Autistic Trans Guide to Life” – Yenn Purkis & Wenn Lawson

Insight and guidance from Autistic, trans authors on navigating life authentically.

“Late Bloomer” – Clem Bastow

A powerful memoir exploring late Autism diagnosis, identity, and embracing a life authentically lived outside the norm.

“We're All Neurodiverse” – Sonny Jane Wise

A bold call to reframe neurodiversity as a universal human experience, blending personal insight with radical advocacy.

“Love & Autism” – Kay Kerr

An affirming exploration of how Autistic people love, connect, and build relationships on their own terms.

“The Whole-Brain Child” – Daniel Siegel, MD & Tina Payne Bryson, PHD

A science-based parenting guide offering practical strategies to support children’s emotional development and brain integration.

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“Co-Regulation Handbook” - Linda K. Murphy MS

A practical resource for understanding and nurturing connection through co-regulation, especially for neurodivergent children.

"The New Normal" - David Gray-Hammond

A candid account of addiction, recovery, and Autistic identity, challenging stigma through lived experience.

"Queerly Autistic" - Erin Ekins

A passionate and accessible guide to navigating the intersection of queerness and Autism with pride and self-acceptance.

“The Educator's Experience of Pathological Demand Avoidance” - Laura Kerbey

A reflective insight into how educators can understand and support PDA-identified students with empathy and clarity.

“The Teacher's Introduction to Pathological Demand Avoidance - Essential Strategies for the Classroom” - Clare Truman

A practical guide offering essential strategies for creating safe, inclusive, low-demand classrooms for PDA learners.

“Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty” - Jane Alison Sherwin

A powerful and personal account of parenting a child with PDA that challenges judgement and promotes understanding.

“PDA By PDAers - From Anxiety to Avoidance and Masking to Meltdowns” - Compiled by Sally Cat

First-person perspectives from Autistic people with PDA, shedding light on the inner world behind demand avoidance.

“Declarative Language Handbook” - Linda K. Murphy MS, CCC-SLP

A communication tool that fosters connection and autonomy by shifting from directives to curiosity-driven dialogue.

"The Family Experience of PDA - An Illustrated Guide to Pathological Demand Avoidance" - Elizer Fricker

A visually engaging and honest guide to family life with PDA, filled with humour, empathy, and hard-won insights.

Adult Identity, Advocacy & Lived Experience

"Your Safe Space: Creating A Home Where Autistic Children Thrive" – Jo Gaunt

A compassionate guide offering practical strategies to create nurturing, sensory-friendly environments that support autistic children's growth and well-being.

"Drifts" – Natasha Burge

A lyrical memoir exploring the author's experiences of displacement and self-discovery across continents, culminating in her late diagnosis of autism and a deeper understanding of her Neurodivergent identity.

"Convenience Store Woman" – Sayaka Murata

An offbeat tale of Keiko, a woman who finds solace and identity in the routines of a convenience store, challenging societal norms and expectations of conformity.

"The Deep" – Rivers Solomon

An Afrofuturist novella about the descendants of African slave women thrown overboard, now living underwater, exploring themes of memory, trauma, and identity through the lens of speculative fiction.

"Raising the SENbetweeners" – Lisa Lloyd

A candid and humorous guide for parents navigating the challenges of raising Neurodivergent children who don't neatly fit into mainstream or special education categories.

"Now it All Makes Sense" – Alex Partridge

a candid memoir detailing the author's journey from founding major digital media platforms to grappling with mental health challenges, culminating in a life-changing ADHD diagnosis at 34.

"The Young Person's Guide to Autistic Burnout" – Viv Dawes

A comforting, accessible guide written for autistic teens that explains what burnout is, why it happens, and how to recover – complete with lived-experience stories and teen-created illustrations.

"The PDA Effect: An Autistic Teenager's Guide to Understanding Demand Avoidance" – Ethan Knight

Authored by an 18-year-old autistic writer, this compassionate handbook offers rare insight into Pathological Demand Avoidance, detailing how PDA affects daily life, relationships, and supports that truly help.

Adult Identity, Advocacy & Lived Experience

"Autism Learnings: How I Have Learned to Enjoy Autistic Life" – Rosie Weldon

Rosie Weldon shares a personal, uplifting journey of self-discovery and acceptance, offering practical reflections on embracing her autistic identity and finding joy in neurodivergent life.

"Neurodivergent Healthcare Passport: What Staff Need to Know Before Assessing, Examining or Treating Me" – Jade Farrington

A practical tool designed to bridge communication between neurodivergent individuals and healthcare providers, ensuring respectful, personalised, and accessible care.

"The Neurodiversity Affirmative Child Autism Assessment Handbook" – Maeve Kavanagh, Anna Day, Davida Hartman, Tara O'Donnell-Killen, and Jessica K. Doyle

A clinician-focused guide advocating for Autism assessments that centre neurodivergent strengths, collaboration, and respectful understanding of each child's unique experience.

"Neurodiversity-Affirming Practices in Early Childhood: An Empowering Guide to Diverse Development and Play" – Kerry Murphy

A heartfelt resource for educators and carers that champions playful, inclusive early childhood environments designed around neurodivergent ways of learning and being.

"Autism & Substance Use" – David Gray-Hammond, Tanya Adkin, and Helen Edgar

A comprehensive exploration of substance use within autistic communities examining coping strategies, systemic factors, and compassionate support approaches.

"Creating a Neurodiversity-Affirming Classroom: Easy Ways to Achieve Access, Agency and Wellbeing for All" – Kara Dymond

A practical educator's guide offering accessible strategies, flexible tools, and permission-based approaches to foster inclusive classrooms where all neurodivergent students thrive.

"A Spoonful of 'Tism: Autie-Biographical Year Two Comic Collection" – Theresa Scovil

A lively, autobiographical comic collection that invites readers into everyday moments of autistic life – with warmth, honesty, and relatable humour.

"The Double Empathy Reader: Exploring Theory, Neurodivergent Lived Experience and Implications for Practice edited" – Damian Milton

A groundbreaking anthology pairing academic essays with lived-experience narratives, reframing autism research through the lens of empathy and mutual understanding.

Children, Youth & Young Adult Books

"Can I Tell You About Pathological Demand Avoidance Syndrome? - A Guide for Friends, Family and Professionals" - Ruth Fidler and Phil Christie

An accessible, illustrated explanation of PDA for children, families, and professionals learning together.

"The Teen's Guide to PDA" - Laura Kerbey

A relatable, teen-friendly guide offering affirming insight, strategies, and support for navigating PDA.

"The Panda on PDA" - Glòria Durà-Vilà

A beautifully illustrated children's book that uses a panda character to help young readers understand PDA traits.

"Pretty Darn Awesome - Divergent Not Deficient" - Lauren O'Grady

An empowering picture book celebrating neurodivergent pride and difference, created by a late-identified Autistic parent.

"When My Brain Is Messy" - Tania Wieclaw

A children's picture book about autism and how to regulate BIG emotions related to sensory processing differences.

"Some Brains" - Nelly Thomas

A heart warming and funny picture book celebrating neurodiversity talking us through how people's neurotypes can look different.

"All Cats Are on the Autism Spectrum" - Kathy Hoopmann

A warm and humorous visual introduction to autism through cat photography, ideal for kids and families learning together.

"My Brother Otto" - Meg Raby

A sweet story of a little crow with Autism told through the loving eyes of his sister, offering an age-appropriate lens on Autistic traits and family dynamics.

"A Friend for Henry" - Jenn Bailey

Told from the perspective of an Autistic boy navigating social connection at school, this story affirms Neurodivergent needs in friendship.

"The Spectrum Girl's Survival Guide" - Siena Castellon

Part journal, part manual, this empowering guide helps girls and AFAB teens navigate life with confidence and pride in their Neurodivergence.

Children, Youth & Young Adult Books

"The Brain Forest" - Sandhya Menon & Aska

A beautifully illustrated story that explains neurodiversity in a hopeful, child-friendly way.

"I Am Autistic" - Chanelle Moriah

A visual guide for understanding and embracing autism from a self-identified perspective.

"Different, Not Less" - Chloe Hayden

Part memoir, part guide - Chloe shares her journey as an Autistic and ADHD person in a vibrant and empowering way.

"Vivi Conway and the Sword of Legend" - Lizzie Huxley-Jones

A magical adventure featuring Vivi, an autistic girl who discovers her destiny tied to Welsh legends, embracing her Neurodivergence as a source of strength.

"Moojag and the Auticode Secret" - N.E McMorran

A dystopian, cli-fi mystery where neurodivergent protagonists uncover secrets in a society that suppresses difference, celebrating neurodiversity and resistance.

"Rune: The Tale of a Thousand Faces" - Carlos Sanchez

An imaginative journey of self-discovery as Rune, a shapeshifter, navigates a world that fears difference, learning to embrace his unique identity.

"Ellen Outside the Lines" - A J Sass

Ellen, a queer, Autistic teen, embarks on a school trip to Spain, facing challenges that push her out of her comfort zone and into personal growth.

"Tornado Brain" - Cat Patrick

A Neurodivergent girl investigates her friend's disappearance, using her unique perspective to unravel the mystery while navigating complex emotions.

"Under Dogs" - Chris Bonello

In a world where Neurodivergent teens are underestimated, a group of misfits becomes unlikely heroes, challenging oppressive systems with their distinct abilities.

Children, Youth & Young Adult Books

"Tilly in Technicolor" - Mazey Eddings

A heartfelt romance between two Neurodivergent teens who find connection and understanding amidst the chaos of a European internship.

"Notes on My Family" - Emily Critchley

A witty and poignant coming-of-age novel narrated by 13-year-old Lou, who observes her eccentric family with sharp insight and dry humour, highlighting themes of identity and belonging.

"At the End of Everything: The World Never Wanted Them. They Refuse to be Forgotten" - Marieke Nijkamp

A gripping YA novel where teens abandoned in a juvenile facility during a deadly plague must band together to survive, confronting themes of trust, resilience, and systemic neglect.

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