



Gladstone  
Region

**Autistic &  
Neurodivergent  
Network**

Est. 2023

# Book Recommendations

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2023-2024

**Nonfiction Titles Including Biographies**

The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens by Yenn Purkis and Tanya Masterman (A great book for self-exploration!)

The Awesome Autistic Guide to Trans Teens by Yenn Purkis and Sam Rose

Diary of a Young Naturalist by Dara McNulty

Leaders Around Me: Autobiographies of Autistics who Type, Point, and Spell to Communicate edited by Edlyn Vallejo Peña, PhD

What's J Say: A Collection of Poems by Justice Killebrew

Anatomy of Autism: A Pocket Guide for Educators, Parents, and Students by Diego Peña

The Reason I Jump by Naoki Higashida, AR Book

Fall down Seven Times Get Up Eight by Naoki Higashida

The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic by Siena Castellon

Queerly Autistic: The Ultimate Guide for Lgbtqia+ Teens on the Spectrum by Erin Ekins

Odd Girl Out by Laura James

Ido in Autismland by Ido Kedar

The Autism-Friendly Guide to Periods by Robyn Steward (a resource for older elementary students)

The Secret Life of Rose: Inside an Autistic Head by Rose Smitten

The Awesome Autistic Guide for Trans Teens by Yenn Purkis and Glenn Masterman

Shake It Up: How to be Young Autistic & Make an Impact by Quincy Hansen

**Must-Reads for Parents and Educators**

I Will Die On This Hill: Autistic Adults, Autism Parents, and the Children Who Deserve a Better World by Jules Edwards, Meghan Ashburn, et al. Illustrated by Nathan McConnell

Sincerely, Your Autistic Child by AWN, Edited by Emily Paige Ballou, Sharon daVanport, and Morénike Giwa Onaiwu

Inclusive Education for Autistic Children: Helping Children and Young People to Learn and Flourish in the Classroom by Dr. Rebecca Wood

Avoiding Anxiety in Autistic Children: A Guide for Autistic Wellbeing by Dr. Luke Beardon (ND Author)

We're Not Broken: Changing the Autism Conversation by Eric Garcia

Uniquely Human: A Different Way of Seeing Autism by Dr. Barry M Prizant (Updated and Expanded Edition)

Beyond Behaviours by Mona Delahooke PhD – (not autism-specific)

Raising Human Beings by Ross Greene (not autism-specific)

War on Autism: On the Cultural Logic of Normative Violence by Anne McGuire

Understanding and Evaluating Autism Theory by Nick Chown

Communication Alternatives in Autism: Perspectives on Typing and Spelling Approaches by Edlyn Vallejo Peña

Lost At School: Why Our Kids With Behavioural Challenges Are Falling Through The Cracks And How We Can Help Them by Dr. Ross Greene Ph. D

The Adult Autism Assessment Handbook: A Neurodiversity Affirming Approach by Davida Hartman et. al.

Autism and the Predictive Brain: Absolute Thinking in a Relative World by Peter Vermeulen

Is This Autism? A Guide for Clinicians and Everyone Else by Donna Henderson et. al.

Your Child Is Not Broken by Heidi Mavir

Low Demand Parenting by Amanda Diekman

Autism in Childhood: for Parents and Carers of the Newly Diagnosed by Luke Beardon (ND Author)

Learning from Autistic Teachers: How to Be a Neurodiversity-inclusive School by Dr. Rebecca Wood et al. (anthology)

How to Parent Like an Autistic by K. Bron Johnson

We've Got This: Stories by disabled Parents by Eliza Hull

Sensational Kids: Hope and Help for Children with Sensory Processing Disorder by Lucy Jane Miller

The Real Experts: Readings for Parents of Autistic Children, ed. Michelle Sutton

The Reason I Jump by Naoki Hashida

Supporting Autistic Girls and Gender Diverse Youth by Yellow Ladybugs

The Parents' Practical Guide to Resilience for Children aged 2-10 on the Autism Spectrum by Yenn Purkis and Emma Goodall

Just Give Him the Whale! 20 Ways to Use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism by Paula Kluth & Patrick Schwarz

The Explosive Child by Ross Greene (not autism-specific)

Punished by Rewards: The Trouble with Gold Stars, Incentive Plans, A's, Praise, and Other Bribes by Alfie Kohn

15 Minute Focus: Regulation and Coregulation: Accessible Neuroscience and Connection Strategies that Bring Calm Into the Classroom by Ginger Healy

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason by Alfie Kohn

It's An Autism Thing, I'll Help You Understand It by Emma Dalmayne

Leaders Around Me: Autobiographies of Autistics who Type, Point, and Spell to Communicate edited by Edlyn Vallejo Peña, PhD

Empowering Students with Hidden Disabilities: A Path to Pride and Success by Margo Izzo and LeDerick Horne (ND Authors)

May Tomorrow Be Awake: On Poetry, Autism, and Our Neurodiverse Future by Chris Martin

## Informational Books and Anthologies

We're Not Broken: Changing the Autism Conversation by Eric Garcia

Neuroqueer Heresies: Notes on the Neurodiversity Paradigm, Autistic Empowerment, and Postnormal Possibilities by Nick Walker

May Tomorrow Be Awake: On Poetry, Autism, and Our Neurodiverse Future by Chris Martin

Workplace Neurodiversity Rising by Lyric Rivera

Loud Hands: Autistic People Speaking (Anthology) Julia Bascom

All the Weight of Our Dreams: On Living Racialized Autism edited by Lydia X Z Brown et al. (By autistic women of colour)

We are awaiting a new edition to this book. Typed Words Loud Voices edited by Amy Sequenzia & Elizabeth J. Grace

Spectrum Women: Walking to the Beat of Autism by Barb Cook (Editor), Michelle Garnett (Editor), Jen Elcheson (Contributor)

Knowing Why: Adult-Diagnosed Autistic People on Life and Autism by Autistic Self Advocacy Network, Elizabeth Bartmess (ed.)

And Straight on Till Morning: Essays on Autism Acceptance by ASAN and Julia Bascom

Autism in Adults by Luke Beardon

Avoiding Anxiety in Autistic Adults by Dr. Luke Beardon

Autistic Community and the Neurodiversity Movement: Stories from the Front Line edited by Steven K. Kapp

Exposure Anxiety – The Invisible Cage: An Exploration of Self-Protection Responses in the Autism Spectrum and Beyond by Donna Williams

Women on the Spectrum: A Handbook for Life by Emma Goodall and Yenn Purkis

We've Got This: Stories by disabled Parents by Eliza Hull

PDA by PDA-ers compiled by Sally Cat

Camouflage: The Hidden Lives of Autistic Women by Sarah Bargiela

Trauma, Stigma, and Autism: Developing Resilience and Loosening the Grip of Shame by Gordon Gates

**Memoirs, Autobiographies, Nonfiction-ish Books**

Back from the Brink: Stories of Resilience, Reconciliation, and Reconnection by Tim Chan and Sarah Chan

What I Mean When I Say I'm Autistic: Unpuzzling a Life on the Autism Spectrum by Annie Kotowics

Uncommon Sense by Adam Mardero

Ten Steps to Nanette by Hannah Gadsby

Unmasking Autism: Discovering the New Faces of Neurodiversity by Dr. Devon Price

Letters to My Weird Sisters: On Autism and Feminism by Joanne Limburg

Twirling Naked in the Streets and No One Noticed: Growing Up with Undiagnosed Autism by Jeannie Davide-Rivera

Autistic World Domination: How to Script Your Life by Jolene Stockman

The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband by David Finch

I Am Autistic: A Workbook: Sensory Tools, Practical Advice, and Interactive Journaling for Understanding Life with Autism by Chanelle Moriah

Odd Girl Out by Laura James

I Overcame My Autism and All I Got was This Lousy Anxiety Disorder: A Memoir by Sarah Kurchak

Funny, You Don't Look Autistic: A Comedian's Guide to Life on the Spectrum by Michael McCreary

Why Are the Lights So Loud? Stories About Being an Adult Female with Aspergers by Heather Chase

Autism in Heels: The Untold Story of a Female Life on the Spectrum by Jennifer Cook O'Toole

Drama Queen: One Autistic Woman and a Life of Unhelpful Labels by Sara Gibbs

Nobody Nowhere: The Remarkable Autobiography of An Autistic Girl by Donna Williams

Somebody Somewhere: Breaking Free From the World of Autism by Donna Williams

Born on a Blue Day by Daniel Tammet

But You Don't Look Autistic At All by Bianca Toeps

Nerdy, Shy, and Socially Inappropriate by Cynthia Kim

The Bride Test by Helen Hoang

My Autism and ADHD Awakening: My Journey of Adult Diagnosis and My Neurodivergent Family by Kristen Skiba



**Books by Nonspeaking Authors**

- AAC, RPM, FC I Never Get Lost In the Woods by Aaron Jepson\* (novel)

Ido in Autismland by Ido Kedar

In Two Worlds by Ido Kedar (fiction)

Typed Words Loud Voices edited by Amy Sequenzia & Elizabeth J. Grace

What's J Say: A Collection of Poems by Justice Killebrew

Waves and Wind and We by Danny Whitty

May Tomorrow Be Awake: On Poetry, Autism, and Our Neurodiverse Future by Chris Martin

Back from the Brink: Stories of Resilience, Reconciliation, and Reconnection by Tim Chan and Sarah Chan

Communication Alternatives in Autism: Perspectives on Typing and Spelling Approaches...by Edlyn Vallejo Peña

Autistic & Awesome: A Journal From the Inside by Alfonso Camacho

Anatomy of Autism: A Pocket Guide for Educators, Parents, and Students by Diego Peña

Leaders Around Me: Autobiographies of Autistics who Type, Point, and Spell to Communicate edited by Edlyn Vallejo Peña, PhD

The Reason I Jump by Naoki Higashida

Fall down Seven Times Get Up Eight by Naoki Higashida

**Underrepresented Genders, Gender-Diverse, Gender and Sexuality**

Drama Queen: One Autistic Woman and a Life of Unhelpful Labels by Sara Gibbs

Letters to My Weird Sisters: On Autism and Feminism by Joanne Limburg

Twirling Naked in the Streets and No One Noticed: Growing Up with Undiagnosed Autism by Jeannie Davide-Rivera

Why Are the Lights So Loud? Stories About Being an Adult Female with Aspergers by Heather Chase

The Edge of the Playground: Two Stories One Journey by Mary Lynn Ackerman Willis and Mikaela Ackerman

A Room Called Earth by Madeleine Ryan (novel)

Have Geek, Will Travel by Rebecca Blevins (novel)

Exposure Anxiety – The Invisible Cage: An Exploration of Self-Protection Responses in the Autism Spectrum and Beyond by Donna Williams

Women on the Spectrum: A Handbook for Life by Emma Goodall and Yenn Purkis

I Overcame My Autism and All I Got was This Lousy Anxiety Disorder: A Memoir by Sarah Kurchak

Spectrum Women: Walking to the Beat of Autism by Barb Cook (Editor), Michelle Garnett (Editor), Jen Elcheson (Contributor)

Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age by Sarah Hendrickx and Judith Gould

Nobody Nowhere: The Remarkable Autobiography of An Autistic Girl by Donna Williams

Somebody Somewhere: Breaking Free From the World of Autism by Donna Williams

Odd Girl Out by Laura James

Can You See Me? by Libby Scott & Rebecca Westcott (novel)

Do You Know Me? by Libby Scott & Rebecca Westcott (sequel novel)

Ways to Be Me by Libby Scott & Rebecca Westcott (trilogy)

The Kiss Quotient by Helen Hoang (fiction)

The Bride Test by Helen Hoang

The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic by Siena Castellon

The Autism-Friendly Guide to Periods by Robyn Steward

Nerdy, Shy, and Socially Inappropriate by Cynthia Kim

Camouflage: The Hidden Lives of Autistic Women by Sarah Bargiela

But You Don't Look Autistic At All by Bianca Toeps

Queerly Autistic: The Ultimate Guide for LGBTQIA+ Teens on the Spectrum by Erin Ekins

Gender Identity, Sexuality, and Autism by Eva Mendes and Meredith Maroney

Spectrums: Autistic Transgender People in their Own Words Edited by Maxfield Sparrow

Supporting Transgender Autistic Youth and Adults by Finn Gratton

The Autistic Trans Guide to Life by Yenn Purkis and Wenn Lawson

Trans and Autistic: Stories from Life at the Intersection by Noah Adams and Bridget Liang

How to Be Ace: A Memoir of Growing Up Asexual by Rebecca Burgess

Autistic Theory and History Autistic Masking: Understanding Identity Management and the Role of Stigma by Kieran Rose and Amy Pearson PhD

NeuroTribes: the Legacy of Autism and the Future of Neurodiversity by Steve Silberman

Divergent Mind: Thriving In a World That Wasn't Designed For You by Jenera Nerenberg

War on Autism: On the Cultural Logic of Normative Violence by Anne McGuire

A Mismatch of Salience: Explorations of the Nature of Autism From Theory to Practice by Damian Milton

The Power of Neurodiversity: Discovering the Extraordinary Gifts of Autism, ADHD, Dyslexia, and Other Brain Differences by Thomas Armstrong PhD

The Neurodiversity Reader: Exploring Concepts, Lived Experience and Implications for Practice by Damian Milton et al

**Novels**

The Fire, the Water, and Maudi McGinn by Sally J. Pla

The Many Mysteries of the Finkel Family by Sarah Kapit (AAC user representation)

Get a Grip, Vivy Cohen! by Sarah Kapit

The Infinite by Patience Agbabi (BIPOC representation)

The Time-Thief by Patience Agbabi (BIPOC representation)

Geek Girl Series by Holly Smale

The State of Grace by Rachael Lucas

Afrotistic by Kala Allen Omeiza

Anybody Here Seen Frenchie? by Leslie Connor, AR Book (nonspeaker representation)

Out of My Mind by Sharon M. Draper AR Book (not autism specific, cross-disability, AAC representation)

Trouble with a Tiny T by Merriam Saunders (ND Author)

The Someday Birds by Sally J. Pla, AR Book

Stanley Will Probably be Fine by Sally J. Pla, AR Book

A Kind of Spark by Elle McNicoll

Trouble at Table Five (a series) by Tom Watson

M in the Middle: Secret Crushes, Mega-Colossal Anxiety and the People's Republic of Autism by the students of Limpsfield Grange

M is for Autism: The Teenage Girl's Guide to Autism, and Everyone Else's by the students of Limpsfield Grange

A Boy Called Bat by Elana K. Arnold, AR Book

Moojag and the Auticode Secret by N.E. McMorran

Planet Earth is Blue by Nicole Panteleakos, AR Book

Can You See Me? by Libby Scott & Rebecca Westcott, AR Book

Do You Know Me? by Libby Scott & Rebecca Westcott (sequel)

Ways to Be Me by Libby Scott & Rebecca Westcott (trilogy)

Underdogs Series by Chris Bonello

In Two Worlds by Ido Kedar



**Books for Kids and Teens**

The Fire, the Water, and Maudi McGinn by Sally J. Pla

The Infinite by Patience Agbabi The Time-Thief by Patience Agbabi The Many Mysteries of the Finkel Family by Sarah Kapit (novel)

Get a Grip, Vivy Cohen! by Sarah Kapit (novel)

The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens by Yenn Purkis and Tanya Masterman

Out of My Mind by Sharon M. Draper (not autism specific, cross-disability, AAC representation)

Anybody Here Seen Frenchie? by Leslie Connor (novel)

Trouble with a Tiny T by Merriam Saunders (novel) (ND Author) The State of Grace by Rachael Lucas\* (novel)

Afrotistic by Kala Allen Omeiza\* Anatomy of Autism: A Pocket Guide for Educators, Parents, and Students by Diego Pena

The Autism-Friendly Guide to Periods by Robyn Steward

Queerly Autistic: The Ultimate Guide for Lgbtqia+ Teens on the Spectrum by Erin Ekins

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Geek Girl Series by Holly Smale

The Awesome Autistic Guide for Trans Teens by Yenn Purkis and Glenn Masterman

Shake It Up: How to be Young Autistic & Make an Impact by Quincy Hansen

I will die on this Hill by Jules Edwards and Meghan Ashburn

The Brain Forest by Sonny Jane Wise

Same Same, But Different by Sandhya Menon

Supporting autistic girls and gender diverse youth by Jenny Sue Kostecki-Shaw

The Yellow Ladybugs Podcast Series by Yellow Ladybugs

**Picture Books**

A Day With No Words by Tiffany Hammond, Illustrated by Kate Cosgrove (apraxia, BIPOC characters, compassion, AAC)

The Autistic Boy in the Unruly Body by Gregory Tino, Illustrated by Patittoo (apraxia, autistic pride, self-acceptance)

Bitsy Bat School Star by Kaz Windness (inclusion, Autistic pride, self-acceptance, differences)

Remarkable Remy by Melanie Heyworth, illustrated by Nathaniel Eckstrom (friendship, inclusion, differences)

Spencer's Special Interests by Amanda Paige (BIPOC characters, anxiety, special interests)

Spencer's Noisy Mixer by Amanda Paige (BIPOC characters, siblings, sensory differences)

Wiggles, Stomps, and Squeezes Calm My Jitters Down by Lindsey Parker, Illustrated by Rebecca Burgess (sensory differences, anxiety, POC characters)

Wiggles Stomps and Squeezes: Calming My Jitters At School by Lindsey Parker, Illustrated by Rebecca Burgess (sensory differences, anxiety, POC characters)

The Brain Forest by Sandhya Menon, illustrated by Kushla Ross

Some Brains by Nelly Thomas, Illustrated by Cat MacInnes (inclusion, neurodiversity, introducing autism, all types of representation)

We Move Together by Kelly Fritsch Anne McGuire and Eduardo Trejos (neurodiversity, inclusion, all kinds of representation)

Just Right for You by Melanie Heyworth, Illustrated by Celeste Josephine (autistic pride, introducing autism)  
Sensory Seeking Sebastian by Christia DeShields, Illustrated by Marissa Nelson (sensory differences, BIPOC characters)

Benji, the Bad Day, and Me by Sally J Pla et al. Illustrated by Ken Min (siblings, sensory differences)

Come Meet Drayden by Dana Young-Askew, illustrated by Cameron Wilson (siblings, BIPOC characters)

My Autistic Mama by Kati Hirschy, illustrated by Chloe Greenberg

Do You Want to Play? Making Friends with an Autistic Kid by Daniel Share-Strom, Maxine Share, Illustrated by Naghmeh Afshinjah (friendship, inclusion, respect)

Come On, Calm! by Kelsey Brown illustrated by Joseph Wrightson (sensory differences, all types of diversity)

Ada Twist, Scientist by Andrea Beaty, Illustrated by David Roberts (curiosity, impulsiveness, BIPOC characters, compassionate parenting, STEM)

Born to Stand Out: A Story About A Chameleon Who Finds His True Colors by Nikki Rogers

Why Johnny Doesn't Flap: NT is Ok by Clay Morton, illustrated by Alex Merry (inclusion, introduction to autism, neurodiversity)

My Wandering Dreaming Mind by Merriam Saunders, Illustrated by Tammie Lyon (ND Author) (ADHD, compassionate parenting)

I Like Myself by Karen Beaumont, Illustrated by David Catrow (not disability-specific, POC character, self-love, celebrates differences)

The Day You Begin by Jacqueline Woodson, Illustrated by Rafael López (not disability-specific, celebrates diversity)

This Kid Can Hyperfocus by Patty DeDurr, Illustrated by Eduardo Paj (ADHD)

Red: A Crayon's Story by Michael Hall, Illustrated by Michael Hall (neurodiversity, compassion)

Too Sticky! Sensory Issues with Autism by Jen Malia et al. Illustrated by Joanne Lew-Vriethoff (sensory differences, STEM)

Juan Has the Jitters by Aneta Crus, Illustrated by Miki Yamamoto (neurodiversity, inclusion, anxiety, sensory differences, BIPOC characters, STEM)

When Things Get Too Loud by Anne Alcott (sensory differences) A Friend for Henry by Jenn Bailey, Illustrated by Mika Song (friendship, inclusion, neurodiversity, POC characters)

Benny Doesn't Like to Be Hugged by Zetta Elliott, Illustrated by Purple Wong (sensory differences, advocacy, respect, compassion)

Not Your Typical Dragon by Dan Bar-el, Illustrated by Tim Bowers (inclusion, compassion, not disability-specific)

The Molding of Clay by Jay Miletsky, Illustrated by Luis Peres (compassion, advocacy, good book for critical adults)

The Masterpiece: One Big Canvas by Jay Miletsky, Illustrated by Luis Peres (neurodiversity, inclusion)

Suzi Spins by Emma Dalmayne and Illustrated by her son Raphelle

The Perfect Fit by Naomi Jones, Illustrated by James Jones (inclusion, self-esteem, friendship, diversity, STEM, not disability-specific)

Not Quite Narwhal by Jessie Sima, Illustrated by Jessie Sima (inclusion, not disability-specific)

A Tiger Called Thomas by Charlotte Zolotow and Diana Cain Bluthenthal

Swing by Michael Hall, Illustrated by Michael Hall (inclusion, friendship, phonics, not disability-specific)

The Big Umbrella by Amy June Bates and Juniper Bates illustrated by Amy June Bates (inclusion, compassion, not disability-specific)

Be Who You Are by Todd Parr, Illustrated by Todd Parr (inclusion, compassion, not disability-specific)

It's Okay to be Different by Todd Parr, Illustrated by Todd Parr (inclusion, compassion, not disability-specific)

Rosalee the Seeker by Nicole Filippone (sensory differences) Alexander the Avoider by Nicole Filippone (sensory differences)

The Little Senses Series by Samantha Cotterill, Illustrated by Samantha Cotterill (sensory differences)

Noah Chases the Wind by Michelle Worthington, illustrated by Joseph Cowman

The Boy with Big, Big Feelings by Brittney Winn Lee, illustrated by Jacob Souva (anxiety, compassion)

The Girl with Big, Big Questions by Brittney Winn Lee, illustrated by Jacob Souva

The Boy Who Lost His Stims by Nathan McConnell

Don't Hug Doug: He Doesn't Like It by Carrie Finison, illustrated by Daniel Wiseman Alex and the Drummer: by Laura Hales, illustrated by Myrah Shariff

My Brother Otto and the Birthday Party by Meg Raby, illustrated by Elisa Pallmer (AAC representation, siblings, inclusion)