

# Access Free Odd Girl Out An Autistic Woman In A Neurotypical World

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This book looks at what it feels like to be an autistic parent, offering valuable insights, knowledge and wisdom on parenting autistic and non-autistic children. Three mothers reflect on their experiences of growing up as undiagnosed autistics, venturing into and embracing motherhood, and connecting with their children in a unique and powerful way. They offer advice on overcoming the challenges of parenting when you are autistic, such as socialising with other parents or sensory issues that come with excessive touch. Reflecting on their own experiences, they also emphasize the positives of being an autistic parent to an autistic child, such as understanding of why their child is struggling or the open-mindedness that can come from not being constrained by societal norms. They also explain how out-of-the-box thinking leads to creative parenting of non-autistic children, forming strong and loving bonds. Full of wit and warm advice, this book empowers autistic parents and reassures them that autism is a strength in raising their children with love, knowledge and experience, while also giving non-autistic parents and professionals a fresh perspective on helping autistic children to thrive.

Autistic girls can be frequently misunderstood, underestimated and therefore anxious in a school environment. This practical book offers an innovative life skills curriculum for autistic girls aged 11 to 15, based on the author's successful workshops and training, which show how to support girls' wellbeing and boost their self-esteem. Including an adapted PSHE curriculum, this is a straightforward guide to educating autistic children on the issues that matter most to them. It covers all essential areas of wellbeing, including communication, identity, self-regulation and triggers, safety, and physical and mental health, and offers the reader strategies to help the autistic girls in their lives enhance and develop these.

New York Times bestselling author of *On the Island*, Tracey Garvis Graves, presents

the compelling, hopelessly romantic novel of unconditional love. Annika Rose is an English major at the University of Illinois. Anxious in social situations where she finds most people's behavior confusing, she'd rather be surrounded by the order and discipline of books or the quiet solitude of playing chess. Jonathan Hoffman joined the chess club and lost his first game—and his heart—to the shy and awkward, yet brilliant and beautiful Annika. He admires her ability to be true to herself, quirks and all, and accepts the challenges involved in pursuing a relationship with her. Jonathan and Annika bring out the best in each other, finding the confidence and courage within themselves to plan a future together. What follows is a tumultuous yet tender love affair that withstands everything except the unforeseen tragedy that forces them apart, shattering their connection and leaving them to navigate their lives alone. Now, a decade later, fate reunites Annika and Jonathan in Chicago. She's living the life she wanted as a librarian. He's a Wall Street whiz, recovering from a divorce and seeking a fresh start. The attraction and strong feelings they once shared are instantly rekindled, but until they confront the fears and anxieties that drove them apart, their second chance will end before it truly begins.

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.

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 speak for themselves, but this 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 autistic hands, editor Lizzie Huxley-Jones has brought together humorous, honest and hopeful pieces that explore the many facets of being autistic.

To these seven narratives of neurological disorder Dr. Sacks brings the same humanity, poetic observation, and infectious sense of wonder that are apparent in his bestsellers *Awakenings* and *The Man Who Mistook His Wife for a Hat*. These men, women, and one extraordinary child emerge as brilliantly adaptive personalities, whose conditions have not so much debilitated them as ushered them into another reality. 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.

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Through 150 entries, Samantha Craft presents a life of humorous faux pas, profound insights, and the everyday adventures of an autistic female. In her vivid world, nothing is simple and everything appears pertinent. Even an average trip to the grocery store is a feat and cause for reflection. From being a dyslexic cheerleader with dyspraxia going the wrong direction, to bathroom stalking, to figuring out if she can wear that panty-free dress, Craft explores the profoundness of daily living through hilarious anecdotes and heart-warming childhood memories. Ten years in the making, Craft's revealing memoir brings Asperger's Syndrome into a spectrum of brilliant light—exposing the day-to-day interactions and complex inner workings of an autistic female from childhood to midlife.

Why is Autism Spectrum Disorder so misunderstood in girls and women and why do so many go under the radar without the support that they need? This practical guide explains the unique issues that affect females with autism and provides tools and strategies that girls, women and their families can use in day-to-day life. Following the story of Alison, a girl diagnosed with Asperger Syndrome, through both childhood and adulthood, we get an inside view of the challenges that girls and women with autism face. Straightforward information and advice is provided on key topics including: · social skills and communication · how to overcome bullying · sensory issues and food sensitivity · the need for routine · perceptions of gender · and physiological changes. Essential reading for parents of daughters on the spectrum, as well as girls and women who carry the diagnosis themselves.

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.

'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.

Like many others on the autism spectrum, 20-something stand-up comic Michael McCreary has been told by more than a few well-meaning folks that he doesn't "look" autistic. But, as he's quick to point out in this memoir, autism "looks" different for just about everyone with Autism Spectrum Disorder (ASD). Diagnosed with ASD at age five, McCreary got hit with the performance bug not much later. During a difficult time in junior high, he started journaling, eventually turning his pain e into something empowering—and funny. He scored his first stand-up gig at age 14, and hasn't looked back. This unique and hilarious #OwnVoices memoir breaks down what it's like to live with autism for read-

ers on and off the spectrum. Candid scenes from McCreary's life are broken up with funny visuals and factual asides. Funny, *You Don't Look Autistic* is an invaluable and compelling read for young readers with ASD looking for voices to relate to, as well as for readers hoping to broaden their understanding of ASD.

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.

"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.

"... 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.

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.

*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.

"This book is a message from autistic people to their parents, friends, teachers, co-workers 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.

This ground-breaking book about sexuality speaks to women on the autism spectrum in fresh new ways, opening doors to discussion, and blowing the lid off taboo subjects. One of the many problems women on the spectrum face is not always understanding how relationships and boundaries work for other people. This book provides answers, plus more that they may not even have thought to ask. Covering one night stands, the importance of safe sex, self-respect, and double standards, there is a wealth of information about the ethics and self-understanding involved in relationships. Written with humour and honesty, this is the go-to guide for sex on the spectrum.

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.

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.

'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 in their life' Laura James, author of *Odd Girl Out* Written by Jessie Hewitson, an award-winning journalist at *The Times*, *Autism* is the book she wishes she had read when her son was first given the diagnosis of autism spectrum disorder. It combines her own experiences with tips from autistic adults, other parents - including author David Mitchell - as well as advice from autism professionals and academics such as Professor Simon Baron-Cohen. *Autism* looks at

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 this highly enough' The Sun 'Exceptionally useful and informative' Uta Frith, Emeritus Professor of Cognitive Development, UCL

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.

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.

“This is a book about autism. Specifically, it is about my autism, which is both like and unlike other people's autism. But just as much, it is a story about how I emerged from the darkness of it into the beauty of it.” In this elegant and thought-provoking memoir, Dawn Prince-Hughes traces her personal growth from undiagnosed autism to the moment when, as a young woman, she entered the Seattle Zoo and immediately became fascinated with the gorillas. Having suffered from a lifelong inability to relate to people in a meaningful way, Dawn was surprised to find herself irresistibly drawn to these great primates. By observing them and, later, working with them, she was finally able to emerge from her solitude and connect to living beings in a way she had never previously experienced. *Songs of the Gorilla Nation* is more than a story of autism, it is a paean to all that is important in life. Dawn Prince-Hughes's evocative story will undoubtedly have a lasting impact, forcing us, like the author herself, to rediscover and assess our own understanding of human emotion.

The face of autism is changing. And more often than we realize, that face is wearing lipstick. *Autism in Heels*, an intimate mem-

oir, 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 carefully crafted persona and 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 those iconic red stilettos). Whether it's 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 to the mainstream. From her own 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.

Already the mother of five children, Lana Grant's late diagnosis of autism at age 38 transformed her experience of her sixth pregnancy. Based on her own experiences of the challenges and joys of pregnancy and motherhood, this witty, entertaining read provides insight into the unique challenges encountered by mothers on the spectrum and provides tips and strategies for understanding and overcoming them. From physical and emotional changes, through to changes of routine and a lack of sleep, Lana Grant explains what women on the spectrum should expect in pregnancy and motherhood, as well as preparing them for the inevitable unexpected! Her stories of learning to make allowances for her feelings and her witty anecdotes offer support and a like-minded voice to women on the spectrum. She discusses everything from learning to understand the language used by medical professionals, who to tell what and when, and the dangers of oversharing, through to sensory challenges during and after delivery, what to expect from staff in the hospital, and the social challenges of interacting with other mums before and after the birth. The first book on this important topic of pregnancy and motherhood on the autism spectrum, *From Here to Maternity* provides much needed support, insight and understanding for wo-

men on the spectrum, their family and friends, and the professionals working with them during and after pregnancy.

This step-by-step manual explains how to adapt CBT (Cognitive Behaviour Therapy) approaches to OCD (Obsessive Compulsive Disorder) for autistic children and adults. It outlines why there is the need to adapt treatment for the autistic population, and includes detailed guidance on each phase of the approach. It explains assessment of OCD in autism, the links between the two conditions and difficulties in identifying aspects of OCD in autistic people. The book offers advice on dealing with difficult issues and on the next steps after treatment is complete. Accompanying worksheets and handouts are available to download.

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.

'It has taken me several years of exploration, but I am at a place now where I see autism as neither an affliction nor a superpower. It's just the blueprint for who I am. There is no cure, but that's absolutely fine by me. To cure me of my autism would be to cure me of myself.' During the first thirty years of her life, comedy script writer Sara Gibbs had been labelled a lot of things - a cry baby, a scaredy cat, a spoiled brat, a weirdo, a show off - but more than anything else, she'd been called a Drama Queen. No one understood her behaviour, her meltdowns or her intense emotions. She felt like everyone else knew a social secret that she hadn't been let in on; as if life was a party she hadn't been invited to. Why was everything so damn hard? Little did Sara know that, at the age of thirty, she would be given one more label that would change her life's trajectory forever. That one day, sitting next to her husband in a clinical psychologist's office, she would learn that she had never been a drama queen, or a weirdo, or a cry baby, but she had always been autistic. Drama Queen is both a tour inside one autistic brain and a declaration that a diag-

nosis on the spectrum, with the right support, accommodations and understanding, doesn't have to be a barrier to life full of love, laughter and success. It is the story of one woman trying to fit into a world that has often tried to reject her and, most importantly, it's about a life of labels, and the joy of ripping them off one by one.

A New York Times bestseller Winner of the 2015 Samuel Johnson Prize for non-fiction A groundbreaking book that upends conventional thinking about autism and suggests a broader model for acceptance, understanding, and full participation in society for people who think differently. What is autism? A lifelong disability, or a naturally occurring form of cognitive difference akin to certain forms of genius? In truth, it is all of these things and more—and the future of our society depends on our understanding it. WIRED reporter Steve Silberman unearths the secret history of autism, long suppressed by the same clinicians who became famous for discovering it, and finds surprising answers to the crucial question of why the number of diagnoses has soared in recent years. Going back to the earliest days of autism research and chronicling the brave and lonely journey of autistic people and their families through the decades, Silberman provides long-sought solutions to the autism puzzle, while mapping out a path for our society toward a more humane world in which people with learning differences and those who love them have access to the resources they need to live happier, healthier, more secure, and more meaningful lives. Along the way, he reveals the untold story of Hans Asperger, the father of Asperger's syndrome, whose "little professors" were targeted by the darkest social-engineering experiment in human history; exposes the covert campaign by child psychiatrist Leo Kanner to suppress knowledge of the autism spectrum for fifty years; and casts light on the growing movement of "neurodiversity" activists seeking respect, support, technological innovation, accommodations in the workplace and in education, and the right to self-determination for those with cognitive differences.

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 Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships—but her best friend does, and that's what got her into this situation. Convincing Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor—and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope.

Finalist for the 2017 Pulitzer Prize in General Nonfiction An extraordinary narrative history of autism: the riveting story of parents fighting for their children's civil rights; of doctors struggling to define autism; of ingenuity, self-advocacy, and profound social change. Nearly seventy-five years ago, Donald Triplett of Forest, Mississippi, became the first child diagnosed with autism. Beginning with his family's odyssey, In a Different Key tells the extraordinary story of this often misunderstood condition, and of the civil rights battles waged by the families of those who have it. Unfolding over decades, it is a beautifully rendered history of ordinary people determined to secure a place in the world for those with autism—by liberating children from dank institutions, campaigning for their right to go to school, challenging expert opinion on what it means to

have autism, and persuading society to accept those who are different. It is the story of women like Ruth Sullivan, who rebelled against a medical establishment that blamed cold and rejecting “refrigerator mothers” for causing autism; and of fathers who pushed scientists to dig harder for treatments. Many others played starring roles too: doctors like Leo Kanner, who pioneered our understanding of autism; lawyers like Tom Gilhool, who took the families’ battle for education to the courtroom; scientists who sparred over how to treat autism; and those with autism, like Temple Grandin, Alex Plank, and Ari Ne’eman, who explained their inner worlds and championed the philosophy of neurodiversity. This is also a story of fierce controversies—from the question of whether there is truly an autism “epidemic,” and whether vaccines played a part in it; to scandals involving “facilitated communication,” one of many treatments that have proved to be blind alleys; to stark disagreements about whether scientists should pursue a cure for autism. There are dark turns too: we learn about experimenters feeding LSD to children with autism, or shocking them with electricity to change their behavior; and the authors reveal compelling evidence that Hans Asperger, discoverer of the syndrome named after him, participated in the Nazi program that consigned disabled children to death. By turns intimate and panoramic, *In a Different Key* takes us on a journey from an era when families were shamed and children were condemned to institutions to one in which a cadre of peo-

ple with autism push not simply for inclusion, but for a new understanding of autism: as difference rather than disability.

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.

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.

Cynthia Kim explores all the quirkiness 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.