

The Neurodiverse Library: Books That Understand You

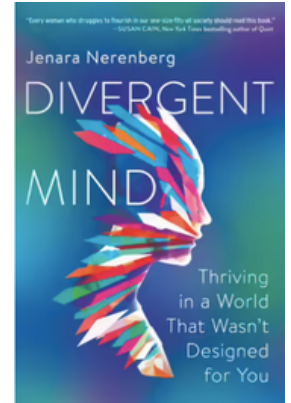
Here is a collection of books to support you on your neurodivergent journey. Each book is available in hardcopy, audio and e-reader versions.

Neurodiversity

Divergent Mind: Thriving in a World That Wasn't Designed For You - Jenara Nerenberg

'Divergent Mind' explores how neurodivergent women, often misunderstood and overlooked, can harness their unique strengths to thrive in a society predominantly designed for neurotypical individuals.

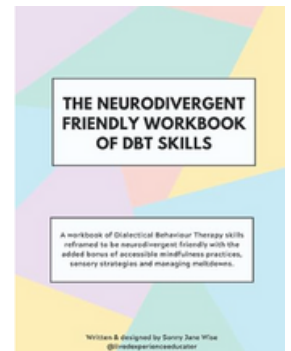
<https://amzn.to/3wSM7NK>



The Neurodivergent Friendly Workbook of DBT Skills - Sonny Jane Wise

This book provides tailored Dialectical Behaviour Therapy (DBT) exercises and strategies specifically designed to support neurodivergent individuals in managing their emotions and enhancing their mental well-being.

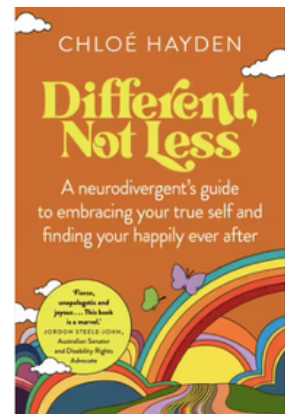
<https://amzn.to/3L8oZ0Z>



Different, Not Less: A Neurodivergent's Guide to Embracing Your True Self & Finding Your Happily Ever After - Chloé Hayden

'Different, Not Less' offers insights and guidance for neurodivergent individuals to accept their unique identities, overcome societal challenges, and achieve personal fulfilment and happiness.

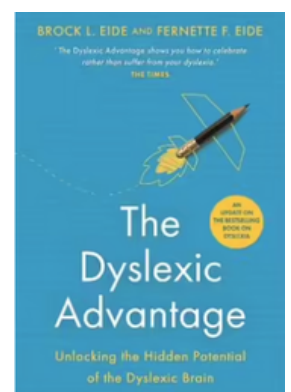
<https://amzn.to/4bB8Wo8>



The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain - Brock L Eide & Fennette F Eide

'The Dyslexic Advantage' reveals the unique strengths and cognitive abilities of individuals with dyslexia, providing insights into how these traits can be leveraged for success.

<https://amzn.to/3KgvmPu>



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“A person with ADHD has the power of a Ferrari engine but with bicycle-strength brakes. It’s the mismatch of engine power to braking capability that causes the problems. Strengthening one’s brakes is the name of the game.”

— Edward M. Hallowell

ADHD

ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction from Childhood through Adulthood - Edward M. Hallowell & John J. Ratey

ADHD 2.0 presents the latest research and practical strategies to help individuals with ADHD manage their symptoms and thrive throughout their lives.

<https://amzn.to/3zzFjW0>

Women With Attention Deficit Disorder: Embrace Your Differences and Transform Your Life - Sari Solden

This book offers strategies and encouragement for women with ADHD to understand their condition, embrace their unique qualities, and lead empowered and fulfilling lives.

<https://amzn.to/4dY6dWN>

Your Brain’s Not Broken: Strategies for Navigating Your Emotions and Life with ADHD - Tamara Rosier

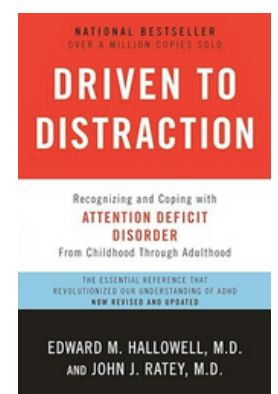
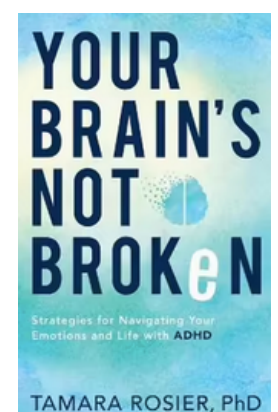
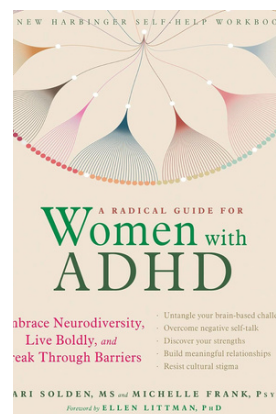
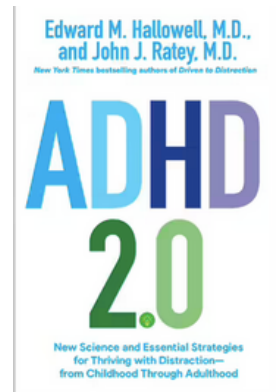
‘Your Brain’s Not Broken’ provides practical tools and strategies to manage emotions and daily challenges better, fostering a more balanced and fulfilling life.

<https://amzn.to/452lAdh>

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder - Edward M. Hallowell & John J. Ratey

‘Driven to Distraction’ offers comprehensive insights and practical strategies for understanding, diagnosing, and managing the challenges of ADHD in children and adults.

<https://amzn.to/3R2zJ4y>

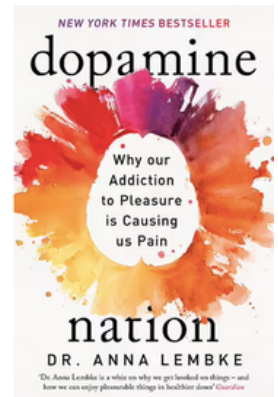


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Dopamine Nation: Finding Balance in the Age of Indulgence - *Dr. Anna Lembke*

'Dopamine Nation' explores the science of addiction and offers insights on how to achieve balance and well-being in a world full of instant gratification and excess.

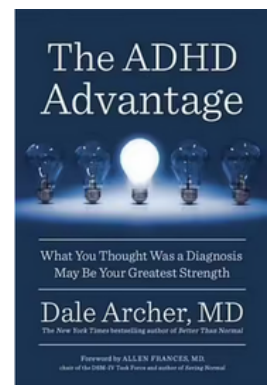
<https://amzn.to/450pKlO>



The ADHD Advantage: What You Thought Was a Diagnosis May Be Your Greatest Strength - *Dale Archer*

This book reveals how the traits of ADHD, often seen as impairments, can be harnessed as powerful strengths to achieve success and thrive in various aspects of life.

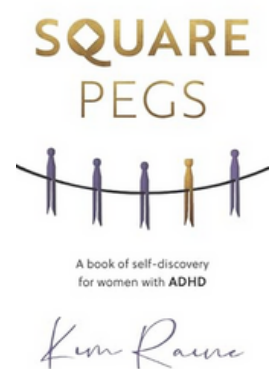
<https://amzn.to/3VhdZo7>



Square Pegs: A Book of Self-Discovery for Women with ADHD - *Kim Raine*

'Square Pegs' guides women with ADHD on a journey of self-acceptance and personal growth, helping them embrace their unique traits and lead more fulfilling lives.

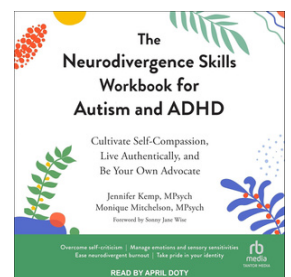
<https://amzn.to/3wNm7mT>



The Neurodivergence Skills Workbook for Autism and ADHD: Cultivate Self-Compassion, Live Authentically, and Be Your Own Advocate - *Jennifer Kemp & Monique Mitchelson*

The Neurodivergence Skills Workbook for Autism and ADHD offers acceptance and commitment therapy (ACT) and self-compassion skills tailored to the needs of neurodiverse people—especially those with ADHD and Autism—so you can live authentically, take pride in your identity, increase overall well-being, and build meaningful connections to thrive as a neurodivergent person in the modern world.

<https://amzn.to/4cp4jOs>



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Autism

Neurotribes: The Legacy of Autism and the Future of Neurodiversity - *Steve Silberman*

'Neurotribes' explores the history of autism, highlighting the contributions of autistic individuals and advocating for a more inclusive and supportive society that embraces neurodiversity.

<https://amzn.to/4dvaaCi>

Spectrum Women: Walking to the Beat of Autism - *A compilation by Autistic individuals*

'Spectrum Women' is a compilation by autistic individuals that provides diverse insights and personal experiences to empower and support women on the autism spectrum.

<https://amzn.to/4bUVnj2>

Unmasking Autism - *Devon Price*

'Unmasking Autism' delves into the hidden struggles and strengths of autistic individuals, encouraging them to embrace their authentic selves and challenge societal expectations.

<https://amzn.to/3VqKTCV>

The Autistic Trans Guide to Life - *Yenn Purkis & Wenn B Lawson*

This book offers practical advice and personal insights to support autistic transgender individuals in navigating their unique journeys and living fulfilling lives.

<https://amzn.to/3UVgxqp>

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

This book uses charming illustrations and analogies with feline behaviour to highlight and celebrate the unique traits and strengths of Autistic individuals.

<https://amzn.to/3WTSkmX>

