

THE ANNE FREITAG LIBRARY

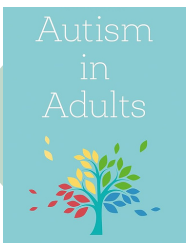
Recommended Reading

MASKING AND AUTISM



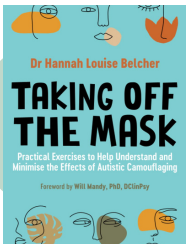
CAMOUFLAGE BY SARAH BARGIELA

This graphic novel explores the experiences and difficulties faced by women on the spectrum, such as late or incorrect diagnosis and having to master the art of pretending to be 'normal'. A fascinating insight into an under-represented condition.



AUTISM IN ADULTS BY DR LUKE BEARDON

Dr. Beardon explains how autism impacts the individual, and what purpose a diagnosis might or might not, serve. There is a lot of myth-busting, & dismantling of the stereotypes & cliches around ASD & areas like communication, social interaction & relationships.



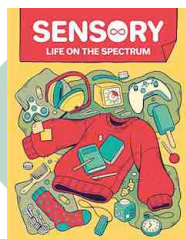
TAKING OFF THE MASK BY HANNAH LOUISE BELCHER

Combining lived experience with scientific research and practical advice, this book is the essential guide to understanding why you mask and how to feel confident without one. With expert advice on how to feel secure taking off your mask, this guide will give you all the tools you need to re-connect with yourself and the things you love.



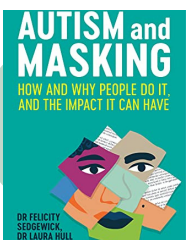
RECOGNIZING AUTISM IN WOMEN & GIRLS: WHEN IT HAS BEEN HIDDEN SO WELL BY WENDELA WHITCOMB MARSH

Autism looks different in women and girls. They're much better at "pretending to be normal" by masking their autistic characteristics. How can we look behind the mask to recognize autism, when it has been so well camouflaged?



SENSORY: LIFE ON THE SPECTRUM: AN AUTISTIC COMIC ANTHOLOGY EDITED BY BEX OLLERTON

An anthology featuring comics from thirty autistic creators about their experiences of living in a world that doesn't always understand or accept them.



AUTISM AND MASKING: HOW AND WHY PEOPLE DO IT, AND THE IMPACT IT CAN HAVE BY DR. FELICITY SEDGEWICK

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.

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