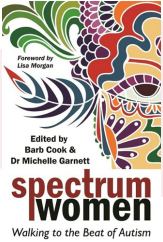


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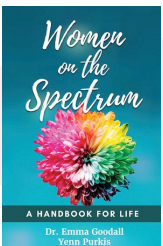
Recommended Reading

WOMEN WITH AUTISM



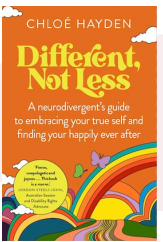
SPECTRUM WOMEN: WALKING TO THE BEAT OF AUTISM EDITED BY BARB COOK AND DR. MICHELLE GARNETT

16 autistic women describe life from a female autistic perspective, and present empowering, helpful and supportive insights from their personal experience for fellow autistic women.



WOMEN ON THE SPECTRUM: A HANDBOOK FOR LIFE BY DR. EMMA GOODALL & JEANETTE "YENN" PURKIS

This book is a unique handbook on life for autistic women, written by autistic women. Its primary purpose is to actually enable girls and women on the autism spectrum most effectively learn from the authors' and others' mistakes!



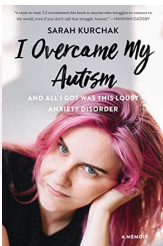
DIFFERENT, NOT LESS BY CHLOE HAYDEN

A moving, at times funny story of how it feels to be neurodivergent as well as a practical guide, with advice for living with meltdowns and shutdowns, tips for finding supportive communities and much more.



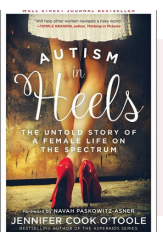
SPECTRUM WOMEN: AUTISM AND PARENTING BY RENATA JURKEVYTHZ, MAURA CAMPBELL AND LISA MORGAN

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.



I OVERCAME MY AUTISM AND ALL I GOT WAS THIS LOUSY ANXIETY DISORDER: A MEMOIR BY SARAH KURCHAK

An autistic writer's memoir of the detrimental effects of pretending to be normal, and her impassioned call to redefine what is considered a successful life.



AUTISM IN HEELS BY JENNIFER COOK O'TOOLE

At the age of thirty-five, O'Toole was diagnosed with Asperger's syndrome, and for the first time in her life, things made sense. Now she exposes the constant struggle between carefully crafted persona and authentic existence.

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