

Neurodiversity and neurodivergence



Adult book list

For UK Disability History month we have put together a list of recommended books for a Neurodiversity and Neurodivergent book list. All are available as books and some are available as eBooks or eAudiobooks.

All books are available for loan and can be reserved from our public catalogue:

capitadiscovery.co.uk/islington

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Thomas Armstrong Neurodiversity

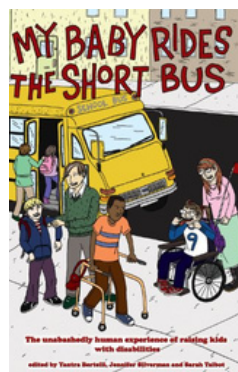
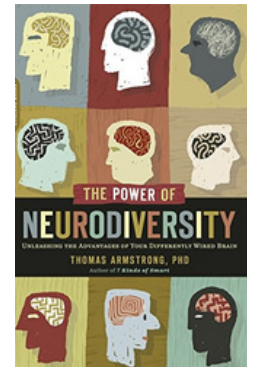
Book & eBook

Offers a revolutionary perspective that reframes many neuropsychological disorders as part of the natural diversity of the human brain rather than as definitive illnesses.

Thomas Armstrong The Power of Neurodiversity

Book

Armstrong illuminates a new understanding of neuropsychological disorders, arguing that if they are a part of the natural diversity of the human brain, they cannot simply be defined as illnesses.



Yantra Bertelli and others (Editors) My Baby Rides the Short Bus

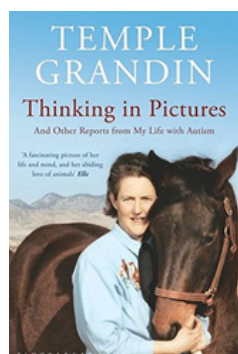
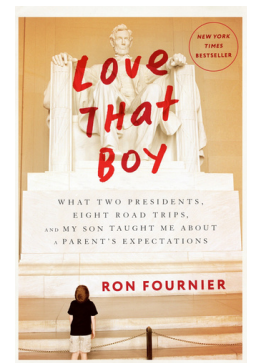
Book

Parents of children with a variety of disabilities and different abilities write about the very real struggles, challenges, and beauty of everyday parenting.

Ron Fournier Love That Boy

Book & eBook

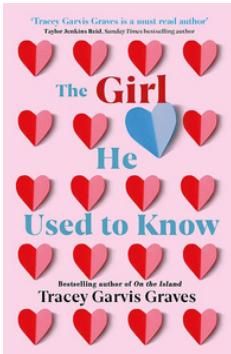
A uniquely personal story about the causes and costs of outsized parental expectations.



Temple Grandin Thinking in Pictures

Book, eAudiobook & eBook

The idea that some people think differently, though no less humanly, is explored in this inspiring book.



Tracey Garvis Graves The Girl He Used to Know

Book

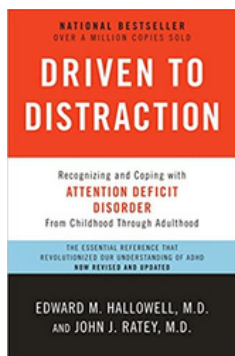
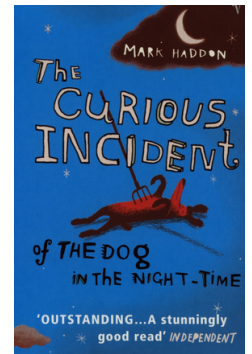
Annika Rose likes being alone. Except that, actually, she doesn't like being alone at all.

Mark Haddon

Book, eAudiobook & eBook

The Curious Incident of the Dog in the Night-Time

Christopher is fifteen and has Asperger's Syndrome. When he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.



Edward Hallowell & John Ratey Driven to Distraction

Book

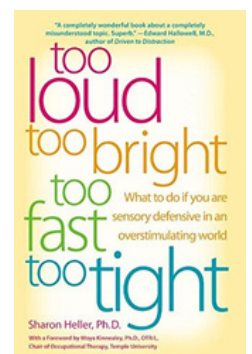
Dispels common myths, offers helpful coping tools, and gives a thorough accounting of all treatment.

Sharon Heller

Book & eBook

Too Loud, Too Bright, Too Fast, Too Tight

Sheds light on a little known but common affliction in which sufferers react to harmless stimuli as irritating, distracting, or dangerous.



Talia Hibbert A Girl Like Her

Book

In Ruth Kabbah's world, comic books are king, silence is golden, and human contact is a pesky distraction.



Naoki Higashida The Reason I Jump

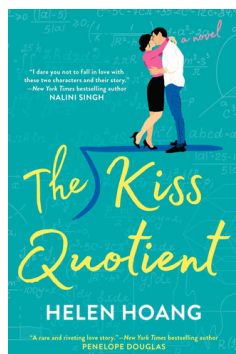
Book

Written by a very smart, very self-aware, and very charming thirteen-year-old boy with autism, this memoir demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine.

Helen Hoang The Bride Test

Book & eBook

Khai Diep has no feelings. Well, not big, important emotions - like grief. And love.



Helen Hoang The Kiss Quotient

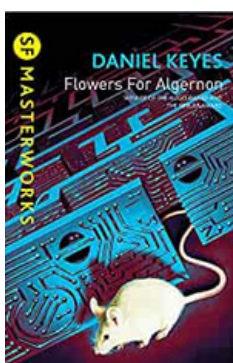
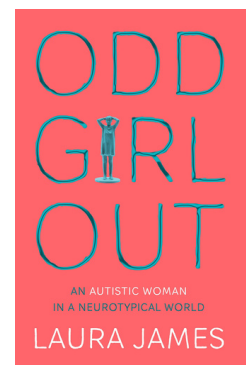
Book & eBook

It's high time for Stella Lane to settle down and find a husband - or so her mother tells her. This is no easy task for a wealthy, successful woman like Stella, who also happens to have Asperger's.

Laura James Odd Girl Out

Book

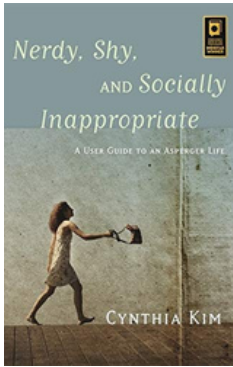
Laura James found out that she was autistic as an adult, after she had forged a career for herself, married twice and raised four children.



Daniel Keyes Flowers for Algernon

Book

The story of a mentally disabled man whose experimental quest for intelligence mirrors that of Algernon, an extraordinary lab mouse.



Cynthia Kim Nerdy, Shy, and Socially Inappropriate

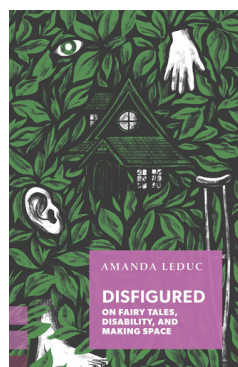
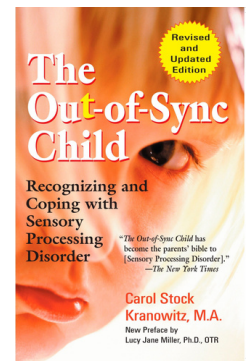
Book

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.

Carol Stock Kranowitz The Out-of-Sync Child

Book & eAudiobook

Explains Sensory Processing Disorder (SPD) and presents a drug-free approach that offers hope for parents.



Amanda Leduc Disfigured

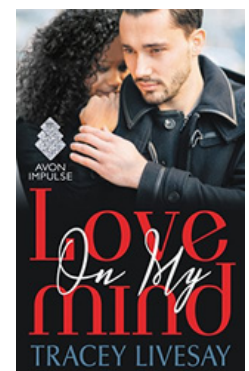
Book & eBook

Fairy tales shape how we see the world, so what happens when you identify more with the Beast than Beauty?

Tracey Livesay Love on my Mind

Book & eBook

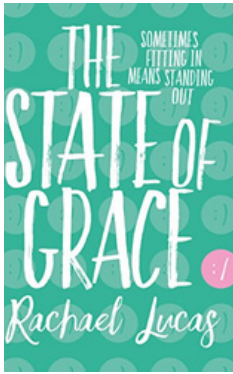
Successful PR executive Chelsea Grant is one assignment away from making partner at her firm and nothing will stand in her way.



Benjamin Ludwig Ginny Moon

Book, eAudiobook & eBook

Ginny sees the world differently. Now you will too.



Rachael Lucas The State of Grace

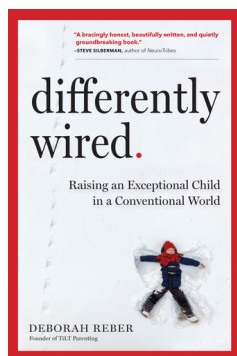
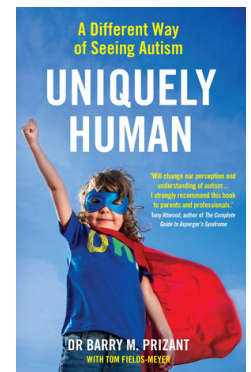
Book & eBook

A heart-warming story of one girl trying to work out where she fits in, and whether she even wants to.

Barry M Prizant Uniquely Human

Book

Offers a compassionate and insightful perspective that parents, professionals, and family members will find uplifting and hopeful.



Deborah Reber Differently Wired

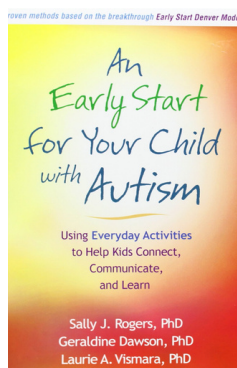
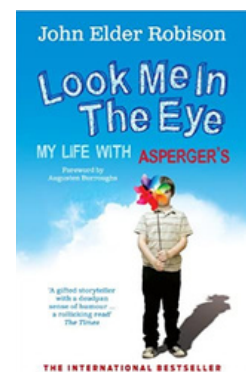
Book

Filled with strategies and support, it will help every family discover newfound confidence, peace, and acceptance.

John Elder Robison Look Me in the Eye

Book & eBook

The story of growing up with Asperger's syndrome – a form of autism – at a time when the diagnosis simply didn't exist.



Sally J Rogers et al An Early Start for Your Child with Autism

Book

Cutting-edge research reveals that parents can play a huge role in helping toddlers and pre-schoolers with autism spectrum disorder (ASD) connect with others and live up to their potential.



Edith Sheffer Asperger's Children

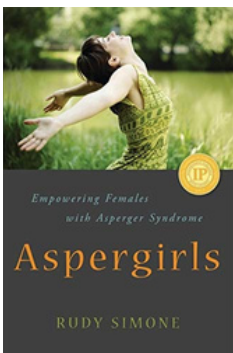
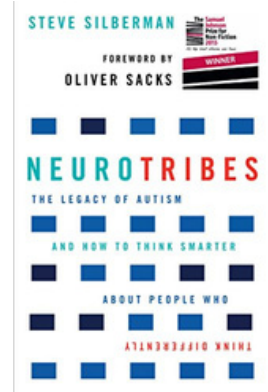
Book

An investigation of the Nazi links of the paediatrician Hans Asperger.

Steve Silberman NeuroTribes

Book & eBook

Mapping out a path for our society 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.



Rudy Simone Aspergirls

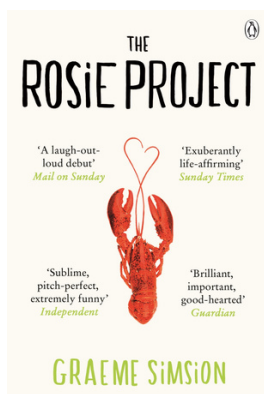
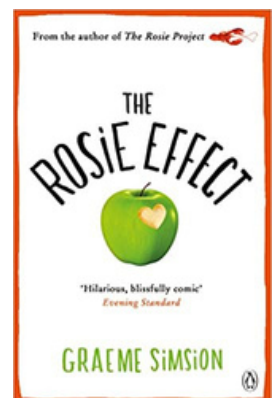
Book

Girls with Asperger's Syndrome are less frequently diagnosed than boys, & even once symptoms have been recognised, help is often not readily available.

Graeme Simson The Rosie Effect

eAudiobook, Book & eBook

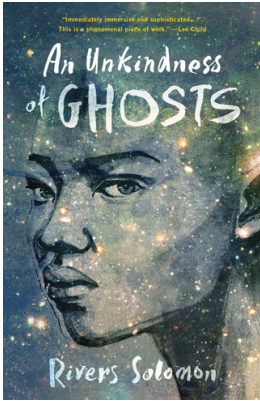
Don Tillman is happily married to Rosie and living in New York. But they're about to face a new challenge because - surprise - Rosie is pregnant.



Graeme Simson The Rosie Project

eAudiobook & Book

Love isn't an exact science - but no one told Don Tillman. A thirty-nine-year-old geneticist, Don's never had a second date. So he devises the Wife Project, a scientific test to find the perfect partner.



Rivers Solomon An Unkindness of Ghosts

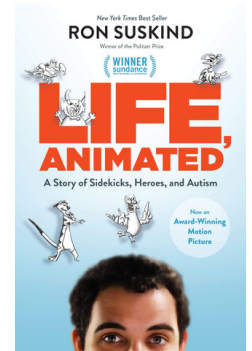
eAudiobook, Book & eBook

Aster lives on a generation ship called Matilda. Neuroatypical, Aster is an outsider to most of her social groups.

Ron Suskind Life, Animated

Book

The story of how the author's autistic son was able to regain the ability to speak through the medium of Disney animated films.



Rebekah Taussig Sitting Pretty

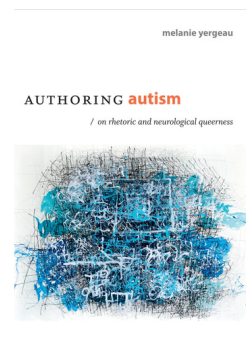
Book & eAudiobook

Reflects on how the pervasiveness of ableism in our everyday media directly translates to everyday life.

Melanie Yergeau Authoring Autism

Book

Shows how autistic people queer the lines of rhetoric, humanity, and agency.



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