

Autism and Neurodiversity Bibliography

The Leon County Public Library is pleased to offer a variety of books and items on the subject of autism and neurodiversity. Please click on the linked titles to view summaries, place holds, or see shelf locations. Below is just a sampling of the items available; please ask a librarian for further assistance or use the library catalog to search for additional titles. Also, be sure to check our ebooks and downloadable audiobooks through [Overdrive](#).

[On order titles](#) may also be browsed separately.

Autism Spectrum Disorders (ASD)

Adult Non-Fiction

- ∞ Loving someone with Asperger's syndrome : understanding & connecting with your partner / Cindy N. Ariel.
- ∞ The complete guide to Asperger's syndrome / Tony Attwood.
- ∞ Spectrum Women : Walking to the Beat of Autism / Barb Cook.
- ∞ The autism cookbook : 101 gluten free and casein free recipes / Susan K. Delaine.
- ∞ Essential first steps for parents of children with autism : helping the littlest learners / Lara Delmolino & Sandra L. Harris.
- ∞ In a different key : the story of autism / John Donvan and Caren Zucker.
- ∞ School success for kids with autism / Andrew L. Egel, Katherine C. Holman, Christine H. Barthold (ed.)
- ∞ Queerly Autistic : The Ultimate Guide for LGBTQIA+ Teens on the Spectrum / Erin Ekins.
- ∞ The autistic brain : thinking across the spectrum / Temple Grandin and Richard Panek.
- ∞ The loving push : how parents and professionals can help spectrum kids become successful adults / Temple Grandin.
- ∞ The new social story book / Carol Gray.
- ∞ The reason I jump : the inner voice of a thirteen-year-old boy with autism / Naoki Higashida.
- ∞ Everyday activities to help your young child with autism live life to the full : simple exercises to boost functional skills, sensory processing, coordination and self-care / Debra S. Jacobs and Dion E. Betts.
- ∞ Solving sleep problems in children with autism spectrum disorders : a guide for frazzled families / Terry Katz & Beth Ann Malow.
- ∞ Growing up on the spectrum : a guide to life, love, and learning for teens and young adults with autism and Asperger's / Lynn Kern Koegel and Claire LaZebnik.
- ∞ The parent's guide to occupational therapy for autism and other special needs : practical strategies for motor skills, sensory integration, toilet training, and more / Cara Koscinski.
- ∞ The un-prescription for Autism : a natural approach for a calmer, happier, and more focused child / Janet Lintala.
- ∞ Funny, you don't look autistic : a comedian's guide to life on the spectrum / Michael McCreary.
- ∞ Gender identity, sexuality and autism : voices from across the spectrum / Eva A. Mendes and Meredith R. Maroney.
- ∞ Autism in heels : the untold story of a female life on the spectrum / Jennifer Cook O'Toole.
- ∞ Uniquely human : a different way of seeing autism / Barry M. Prizant.
- ∞ Look me in the eye : my life with Asperger's / John Elder Robison.
- ∞ Beyond the wall : personal experiences with autism and Asperger syndrome / Stephen M. Shore.
- ∞ Neurotribes : the legacy of autism and the future of neurodiversity / Steve Silberman.
- ∞ Aspergirls : empowering females with Asperger Syndrome / Rudy Simone.
- ∞ Toilet Training for Individuals With Autism or Other Developmental Issues / Maria Wheeler.
- ∞ Understanding autism : the essential guide for parents / Katrina Williams & Jacqueline Roberts.

Junior Non-Fiction

- ∞ I am an Aspie Girl : a book for young girls with autism spectrum conditions / Danuta Bulhak-Paterson.
- ∞ Who is Temple Grandin? / Patricia Brennan Demuth.
- ∞ Different like me : my book of autism heroes / Jennifer Elder.
- ∞ How to build a hug : Temple Grandin and her amazing squeeze machine / Amy Guglielmo and Jacqueline Tourville.
- ∞ The girl who thought in pictures : the story of Dr. Temple Grandin / Julia Finley Mosca.
- ∞ Middle school : the stuff nobody tells you about, a teenage girl with high-functioning autism shares her experiences / Haley Moss.
- ∞ Autism spectrum disorder / Marguerite Rodger.
- ∞ Autism and me : sibling stories / Ouisie Shapiro.
- ∞ Autism / Ann O. Squire.
- ∞ How to talk to an autistic kid / Daniel Stefanski.
- ∞ I see things differently : a first look at autism / Pat Thomas.
- ∞ The survival guide for kids with autism spectrum disorders (and their parents) / Elizabeth Verdick & Elizabeth Reeve.

Children's Picture Books

- ∞ A friend for Henry / Jenn Bailey.
- ∞ My Friend With Autism / Beverly Bishop.
- ∞ Uniquely wired : a story about autism and its gifts / Julia Cook.
- ∞ Chatterbox Jamie / Nancy Evans Cooney.
- ∞ Juan has the jitters / Aneta Cruz.
- ∞ Looking after Louis / Lesley Ely.
- ∞ Ian's walk : a story about autism / Laurie Lears.
- ∞ Silent Lotus / Jeanne Lee.
- ∞ Shining / Julius Lester.
- ∞ Playing by the rules : a story about autism / Dena Fox Luchsinger.
- ∞ Too sticky! : sensory issues with autism / Jen Malia.
- ∞ Different Is Good : Alice the Aspiesaurus / Lucy Martin.
- ∞ My rainbow / Trinity and DeShanna Neal.
- ∞ My brother Charlie / Holly Robinson Peete and Ryan Elizabeth Peete.
- ∞ My brother Otto / Meg Raby.
- ∞ Me and my sister / Rose Robbins.
- ∞ Talking is not my thing / Rose Robbins.
- ∞ Through the Eyes of Me / Jon Roberts.
- ∞ All my stripes : a story for children with autism / Shaina Rudolph and Danielle Royer.
- ∞ Andy and his yellow frisbee / Mary Thompson.
- ∞ Isaac and his amazing Asperger superpowers! / Melanie Walsh.

Stream on Kanopy

- ∞ Autism at school
- ∞ Autism In Love
- ∞ Spectrum : a story of the mind
- ∞ The United States of Autism
- ∞ and others on Kanopy

Attention Deficit Disorder (ADHD)

Adult Non-Fiction

- ∞ Healing ADD from the inside out : the breakthrough program that allows you to see and heal the seven types of attention deficit disorder / Daniel G. Amen.
- ∞ The ADHD advantage : what you thought was a diagnosis may be your greatest strength / Dale Archer.
- ∞ 12 principles for raising a child with ADHD / Russell A. Barkley.
- ∞ Taking Charge of ADHD : The Complete, Authoritative Guide for Parents / Russell A. Barkley.
- ∞ ADHD & the focused mind : a guide to giving your ADHD child focus, discipline & self-confidence / Sarah Cheyette, Peter Johnson, and Ben Cheyette.
- ∞ Thinking differently : an inspiring guide for parents of children with learning disabilities / David Flink.
- ∞ Raising boys with ADHD : secrets for parenting healthy, happy sons / James W. Forgan and Mary Anne Richey.
- ∞ Different learners : identifying, preventing, and treating your children's learning problems / Jane M. Healy.
- ∞ You mean I'm not lazy, stupid or crazy?! : the classic self-help book for adults with attention deficit disorder / Kate Kelly and Peggy Ramundo.
- ∞ Raising an organized child : 5 steps to boost independence, ease frustration, promote confidence / Damon Korb.
- ∞ Easy to love but hard to raise : real parents, challenging kids, true stories / Kay Marner & Adrienne Ehler Bashista (ed.)
- ∞ Natural relief for adult ADHD : complementary strategies for increasing focus, attention, and motivation with or without medication / Stephanie Moulton Sarkis.
- ∞ ADHD nation : children, doctors, big pharma, and the making of an American epidemic / Alan Schwarz.
- ∞ The essential guide to raising complex kids with ADHD, anxiety, and more : what parents and teachers really need to know to empower complicated kids with confidence and calm / Elaine Taylor-Klaud.

Junior Non-Fiction

- ∞ Life with ADHD / James Bow.
- ∞ ADHD in HD: brains gone wild / Jonathan Chesner.
- ∞ Living with ADHD / Tad Kershner.
- ∞ Learning to slow down and pay attention : a book for kids about ADHD / Kathleen G. Nadeau and Ellen B. Dixon.
- ∞ Sometimes I'm anxious : a child's guide to overcoming anxiety / Poppy O'Neill.
- ∞ The survival guide for kids with ADD or ADHD / John F. Taylor.
- ∞ Attention deficit hyperactivity disorder / Harry Tournemille.

Children's Picture Books

- ∞ Mrs. Gorski, I think I have the wiggle fidgets / Barbara Esham.
- ∞ Free association : where my mind goes during science class / Barbara Esham.
- ∞ Baxter turns down his buzz : a story for little kids about ADHD / James M. Foley.
- ∞ Otto learns about his medicine : a story about medication for children with ADHD / Matthew Galvin.
- ∞ Shelley, the hyperactive turtle / Deborah M. Moss.
- ∞ My wandering dreaming mind / Merriam Sarcia Saunders.
- ∞ My whirling, twirling motor / Merriam Sarcia Saunders.

Stream on Kanopy

- ∞ Classroom interventions for ADHD
- ∞ Why can't Michael pay attention?
- ∞ and others on Kanopy

Mindfulness / Emotional Regulation

Adult Non-Fiction

- ∞ Now is the way : an unconventional approach to modern mindfulness / Cory Allen.
- ∞ Avoiding Anxiety in Autistic Children : A Guide for Autistic Wellbeing / Luke Beardon.
- ∞ Meditation for Aspies : everyday techniques to help people with Asperger syndrome take control and improve their lives / Ulrike Domenika Bolls.
- ∞ The power of off : the mindful way to stay sane in a virtual world / Nancy Colier.
- ∞ Sensory yoga for kids : therapeutic movement for children of all abilities / Britt Collins.
- ∞ How to stay human in a f*cked-up world : mindfulness practices for real life / Tim Desmond.
- ∞ Yoga therapy for children with autism and special needs / Louise Goldberg.
- ∞ How not to be a hot mess : a survival guide for modern life / Craig Hase & Devon Hase.
- ∞ Happy teachers change the world : a guide for cultivating mindfulness in education / Thich Nhat Hanh and Katherine Weare.
- ∞ A walk in the wood : meditations on mindfulness with a bear named Pooh / Joseph Parent and Nancy Parent.
- ∞ The book of highs : 255 ways to alter your consciousness without drugs / Edward Rosenfeld.
- ∞ Aware : the science and practice of presence : the groundbreaking meditation practice / Daniel Siegel.
- ∞ 2, 4, 6, 8 This Is How We Regulate : 75 Play Therapy Activities to Increase Mindfulness in Children / Tracy Turner-Bumberry.
- ∞ How we work : live your purpose, reclaim your sanity, and embrace the daily grind / Leah Weiss.
- ∞ The little book of being : practices and guidance for uncovering your natural awareness / Diana Winston.

Junior Non-Fiction

- ∞ The Calm Book : Finding Your Quiet Place and Understanding Your Emotions / Alex Allan
- ∞ Me and my feelings : a kids' guide to understanding and expressing themselves / Vanessa Green Allen.
- ∞ The kids' guide to staying awesome and in control : simple stuff to help children regulate their emotions and senses / Lauren Brukner.
- ∞ Just breathe : meditation, mindfulness, movement, and more / Mallika Chopra.
- ∞ Meditate with me : a step-by-step mindfulness journey / Mariam Gates.
- ∞ This moment is your life (and so is this one) : a fun and easy guide to mindfulness, meditation, and yoga / Mariam Gates.
- ∞ Superpowered : transform anxiety into courage, confidence, and resilience / Renee Jain and Shefali Tsabary.
- ∞ Calm : mindfulness for kids / Wynne Kinder.
- ∞ Rewire your anxious brain for teens : using CBT, neuroscience, and mindfulness to help you end anxiety, panic, and worry / Debra Kissen, Ashley D. Kendall, Michelle Lozano, and Micah Ioffe.
- ∞ Mindful me : mindfulness and meditation for kids / Whitney Stewart.
- ∞ Alphabreaths : the ABCs of mindful breathing / Christopher Willard and Daniel Rechtschaffen.
- ∞ Breathe like a bear : 30 mindful moments for kids to feel calm and focused anytime, anywhere / Kira Willey.

Children's Picture Books

- ∞ My daddy is a pretzel : yoga for parents and kids / Baron Baptiste.
- ∞ What John Marco saw / Annie Barrows.
- ∞ Sloth at the zoom / Helaine Becker.
- ∞ Calm with the Very Hungry Caterpillar / Eric Carle.
- ∞ The worry box / Suzanne Chiew.

- ∞ Tiger days : a book of feelings / M.H. Clark.
- ∞ Same way Ben / Maryann Cocca-Leffler.
- ∞ Nope. Never. Not for me! / Samantha Cotterill.
- ∞ Here and now / Julia Denos.
- ∞ Hurry up! : a book about slowing down / Kate Dopirak.
- ∞ Red : a crayon's story / Michael Hall.
- ∞ The boy with the big, big feelings / Britney Winn Lee.
- ∞ Taking time / Jo Loring-Fisher.
- ∞ Wiggles, Stomps, and Squeezes Calm My Jitters Down / Lindsey Rowe Parker
- ∞ Straw / Amy Krouse Rosenthal.
- ∞ Follow your breath! : a first book of mindfulness / Scot Ritchie.
- ∞ Lots of feelings / Shelley Rotner.
- ∞ What were you thinking? : a story about learning to control your impulses / Bryan Smith.
- ∞ I am peace : a book of mindfulness / Susan Verde.
- ∞ I am yoga / Susan Verde.
- ∞ Breathing makes it better : a book for sad days, mad days, glad days, and all the feelings in-between / Christopher Willard and Wendy O'Leary.
- ∞ You are a lion! : and other fun yoga poses / Taeun Yoo.

Audiobook on CD

- ∞ Slow : simple living for a frantic world / Brooke McAlary.

DVD

- ∞ Kundalini yoga to detox & destress
- ∞ Mindfulness : be happy now
- ∞ Relax & restore
- ∞ The science of mindfulness : a research-based path to well-being

Stream on Kanopy

- ∞ Finding Equanimity with Mindfulness
- ∞ Groundbreaking Mindfulness Programs
- ∞ The Mindfulness Movie
- ∞ Practice 5: Practicing Mindfulness
- ∞ Walking: Mindfulness While Moving
- ∞ Why Mindfulness Matters
- ∞ Yoga Begins with the Breath
- ∞ and others on Kanopy

Other Topics in Neurodiversity

Adult Non-Fiction

- ∞ The man who couldn't stop : OCD and the true story of a life lost in thought / David Adam. (Obsessive-Compulsive Disorder)
- ∞ The social skills picture book : teaching communication, play and emotion / Jed Baker. (Social Skills)
- ∞ One in five : how we're fighting for our dyslexic kids in a system that's failing them / Micki Boas. (Dyslexia)
- ∞ Reversing dyslexia : improving learning & behavior without drugs / Phyllis Books. (Dyslexia)
- ∞ 101 games and activities for children with autism, Asperger's, and sensory processing disorders / Tara Delaney. (Neurodiversity)
- ∞ The dyslexic advantage : unlocking the hidden potential of the dyslexic brain / Brock L. Eide and Fernette F. Eide. (Dyslexia)
- ∞ The dyslexia empowerment plan : a blueprint for renewing your child's confidence and love of learning / Ben Foss. (Dyslexia)
- ∞ Different—not less : inspiring stories of achievement and successful employment from adults with autism, Asperger's, and ADHD / Temple Grandin. (ADHD, ASD)
- ∞ The explosive child : a new approach for understanding and parenting easily frustrated, chronically inflexible children / Ross W. Greene. (Neurodiversity)
- ∞ The world's strongest librarian : a memoir of Tourette's, faith, strength, and the power of family / Joshua Hanagarne. (Tourette Syndrome)
- ∞ Different learners : identifying, preventing, and treating your children's learning problems / Jane M. Healy. (Dyslexia)
- ∞ Organize & create discipline : an A-to-Z guide to an organized existence / Justin Klosky. (Obsessive-Compulsive Disorder)
- ∞ Kids in the syndrome mix of ADHD, LD, autism spectrum, Tourette's, anxiety and more! : the one-stop guide for parents, teachers and other professionals / Martin L. Kutscher. (Neurodiversity)
- ∞ Mploy: a Job Readiness Workbook : Career Skills Development for Young Adults on the Autism Spectrum and With Learning Difficulties / Michael P. McManmom. (Social Skills)
- ∞ Disconnected kids : the groundbreaking brain balance program for children with autism, ADHD, dyslexia, and other neurological disorders / Robert Melillo. (Neurodiversity)
- ∞ Sensational kids : hope and help for children with sensory processing disorder (SPD) / Lucy Jane Miller. (Sensory Processing Disorder)
- ∞ Life in rewind : the story of a young courageous man who persevered over OCD and the Harvard doctor who broke all the rules to help him / Terry Weible Murphy. (Obsessive-Compulsive Disorder)
- ∞ Tictionary : a reference guide to the world of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for parents and professionals / Becky Ottinger. (Neurodiversity)
- ∞ Differently wired : raising an exceptional child in a conventional world / Deborah Reber. (Sensory Processing Disorder, ADHD, ASD)
- ∞ Everyday games for sensory processing disorder : 100 playful activities to empower children with sensory differences / Barbara Sher. (Sensory Processing Disorder)
- ∞ Unthinkable : an extraordinary journey through the world's strangest brains / Helen Thomson. (Neurodiversity)
- ∞ What to do when your child has obsessive-compulsive disorder : strategies and solutions / Aureen Pinto Wagner. (Obsessive-Compulsive Disorder)
- ∞ Triggered : a memoir of obsessive-compulsive disorder / Fletcher Wortmann. (Obsessive-Compulsive Disorder)

Junior Non-Fiction

- ∞ Living with dyslexia / Nicola Brunswick. (Dyslexia)
- ∞ What to do when you're scared & worried : a guide for kids / James J. Crist. (Obsessive-Compulsive Disorder)
- ∞ Social Skills Activities for Kids : 50 Fun Exercises for Making Friends, Talking and Listening, and Understanding Social Rules / Natasha Daniels. (Social Skills)
- ∞ Being me with OCD : how I learned to obsess less and live my life / Alison Dotson. (Obsessive-Compulsive Disorder)
- ∞ Let's talk about dyslexia / Melanie Apel Gordon. (Dyslexia)
- ∞ What to do when your brain gets stuck : a kid's guide to overcoming OCD / Dawn Huebner. (Obsessive-Compulsive Disorder)
- ∞ Anxiety and phobias / Carrie Iorizzo. (Obsessive-Compulsive Disorder)
- ∞ Tic talk : living with Tourette Syndrome : a 9-year-old boy's true story about living with Tourette syndrome / Dylan Peters. (Tourette Syndrome)
- ∞ Dyslexia / Paula Wiltshire. (Dyslexia)

Children's Picture Books

- ∞ Back to front and upside down / Claire Alexander. (Dyslexia)
- ∞ Decibella and her 6-inch voice / Julia Cook. (Social Skills)
- ∞ If you're so smart, how come you can't spell Mississippi? / Barbara Esham. (Dyslexia)
- ∞ I can't stop! : a story about Tourette Syndrome / Holly L. Niner. (Tourette Syndrome)
- ∞ I'm new here / Anne Sibley O'Brien. (Social Skills)
- ∞ Sullivan, who is always too loud / Micol Ostow. (Social Skills)
- ∞ The Alphabet War : a story about dyslexia / Diane Burton Robb. (Dyslexia)
- ∞ Let's Talk About Body Boundaries, Consent & Respect / Jayneen Sanders. (Social Skills)

Stream on Kanopy

- ∞ The Bird Dancer (Tourette Syndrome)
- ∞ Embracing Dyslexia (Dyslexia)
- ∞ Exposure & Response Prevention for Obsessive Compulsive Disorder (Obsessive-Compulsive Disorder)
- ∞ Obsessive compulsive disorder (Obsessive-Compulsive Disorder)
- ∞ Read Me Differently (Dyslexia)
- ∞ Unstuck : an OCD kids movie (Obsessive-Compulsive Disorder)



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