



**North Tyneside Libraries**

**Neurodiversity Adult**

**Fiction and Non-Fiction**

**Collection**

**Reading List**

## Adult fiction

Austin, Emily	Interesting facts about space
Banks, Iain	The quarry
Bauer, Belinda	Rubbernecker
Franklin, Alice	Life hacks for a Little Alien
Haddon, Mark	The curious incident of the dog in the night-time
Harris, Sarah	The colour of Bee Larkham's murder
Hepworth, Sally	The good sister
Hoang, Helen	The kiss quotient
Lagercrantz, David	The girl in the spider's web
Ludwig, Benjamin	The original Ginny Moon
Murata, Sayaka	Convenience store woman
Picoult, Jodi	House rules
Powers, Richard	Bewilderment
Prose, Nita	The maid
Simson, Graeme	The Rosie project
Smale, Holly	The Cassandra complex
Sullivan, Tim	The dentist

## Adult non-fiction

152.15	Gregory, Jane	Sounds Like Misophonia: how to stop small noises from causing extreme reactions
155.412	Dundon, Raelene	The parents' guide to managing anxiety in children with autism
362.194	Aherne, Daniel Stringer, Tim	The Pocket Guide to Neurodiversity
362.196	McCreary, Michael	Funny, you don't look autistic: a comedian's guide to life on the spectrum
362.196	Wilson, Anna	A place for everything: my mother autism and me
362.198	Mahony, Emma	Better Late than Never: Understand, survive and thrive a midlife ADHD diagnosis
615.854	Rucklidge, Julia J Kaplan, Bonnie J	The better brain: overcome anxiety, combat depression, and reduce ADHD and stress with nutrition
616.858	Beardon, Luke	Autism and Asperger syndrome in adults
616.858	Bovell, Virginia	Danny's people: a memoir and manifesto about autism

616.858	Carder, Meredith	It all makes sense now: embrace your ADHD brain to live a creative and colourful life
616.858	Casanova, Emily L Casanova, Manuel F	Defining autism: a guide to brain, biology and behaviour
616.858	Hayden, Chloe	Different, not less: a neurodivergent's guide to embracing your true self and finding your happily ever after
616.858	Jones, Daniel M	Autism for Adults: an approachable guide to living excellently on the spectrum
616.858	Joy, Jess Mia, Charlotte	How not to fit in: an unapologetic approach to navigating autism and ADHD
616.858	Katy, Emily	Girl unmasked: how uncovering my autism saved my life
616.858	Kustow, James	How to thrive with adult ADHD: 7 pillars for focus, productivity and balance
616.858	Lawrence, Clare	Explaining autism
616.858	Maskell, Leanne	ADHD: An A-Z: Figuring it our step by step
616.858	McCabe, Jessica	How to ADHD: an insider's guide to working with your brain (not against it)
616.858	Moriah, Chanelle	This is ADHD
616.858	Middleton, Ellie	Unmasked: the ultimate guide to ADHD, autism and neurodivergence
616.858	Normal, Henry Pell, Angela	A Normal family: everyday adventures with our autistic son
616.858	Novellie, Pierre	Why can't I just enjoy things? A comedian's guide to autism
616.858	Pink, Richard Emery, Roxanne	Dirty laundry: why adults with ADHD are so ashamed and what we can do to help
616.858	Price, Devon	Unmasking autism: the radical power of embracing our neurodiversity
616.858	Prizant, Barry M Fields-Meyer, Thomas	Uniquely Human: a different way of seeing autism
616.858	Ratcliffe, Alex	Our autistic lives: personal accounts from autistic adults aged 20 to 70+
616.858	Sykes, Melanie	Illuminated: autism and all the things I've left unsaid
616.858	Vecchio, Marie-Laure Del	The autistic experience: silenced voices finally heard
616.858	Wharmby, Pete	Untypical: how the world isn't built for autistic people and what we should all do about it
618.928	Barkley, Russell A.	12 Principals for raising a child with ADHD

618.928	Beardon, Luke	Autism in childhood: for parents and carers of the newly diagnosed
618.928	Beardon, Luke	Avoiding anxiety in autistic children: a guide for autistic wellbeing
618.928	Beardon, Luke	Reasonable adjustments for autistic children: how to make their world better
618.928	British Dyslexia Association	Parenting a dyslexic child
618.928	Cook, James	In her room: how music helped me connect with my autistic daughter
618.928	Devine, Adele Mooncey, Sophia	A parent's guide to autism diagnosis: what to expect and how to support your child
618.928	Dundon, Raelene	Talking with your child about their autism diagnosis: a guide for parents
618.928	Garnett, Michelle Attwood, Tony Ford, Louise Cook, Julia Runham, Stefanie	10 steps to reducing your child's anxiety on the autism spectrum: The CBT-based 'fun with feelings' parent manual
618.928	Hartman, Davida Suggs, Margaret	The little book of autism FAQs: how to talk with your child about their diagnosis and other conversations
618.928	Hewitson, Jessie	Autism: how to raise a happy autistic child
618.928	Laver-Bradbury, Cathy Thompson, Margaret Weeks, Anne Dalet, David Sonuga-Barke, Edmund J.S.	Step by step help for children with ADHD: a self-help guide for parents
618.928	Need-2-Know	The Essential Guide to ADHD
618.928	Steer, Joanne	Understanding ADHD in Girls and Women
618.928	Ward-Hawkes, Jenna Rodi, Melissa Banwell, Paul	Managing meltdowns and tantrums on the autism spectrum: a parent and caregiver's guide
618.928	Williams, Katrina Roberts, Jacqueline	Understanding autism: the essential guide for parents
618.928	Ziegal, Sarah Jane	Marching to a different beat: A family's journey with autism
618.928589	Delfos, Martine F	Anxiety, ADHD, depression and aggression in childhood: guidelines for diagnostics and treatment
618.95	Sheffer, Edith	Asperger's Children: The origins of Autism in Nazi Vienna

640.43	Williams, Risa	The ultimate time management toolkit: 25 productivity tools for adults with ADHD and chronically busy people
649.152	Simmons, Naomi	Raising kids with hidden disabilities: getting it
649.152	Toudal, Maja	What your autistic child wants you to know: and how you can help them
649.154	Beardon, Luke	What works for autistic children
792.76	Khorsandi, Shappi	Scatter Brain: How I finally got off the ADHD rollercoaster and became the owner of a very tidy sock drawer
B BRA	Brady, Fern	Strong Female Character