



NEURODIVERSITY RESOURCE LIST



Websites & Articles

- [Autistic Self Advocacy Network: About Autism](#)
- [Autistic Archive](#): a rich resource documenting the history of the autistic community and neurodiversity movement
- [Map of Monotropic Experiences](#): neurodivergent-affirming content with a focus on autistic burnout and education
- [Research Findings about ADHD](#)
- [Neurodivergent Insights](#): info on the co-occurrence and misdiagnosis of ADHD, Autism, & Borderline Personality disorder

Books

- [Unmasking Autism](#) – Devon Price
 - A deep dive into the Autistic experience and the phenomenon of masked Autism, giving tools to safely uncover their true selves
- [How to ADHD](#) – Jessica McCabe
 - Insider's guide to working with your brain, not against it
- [ADHD & Us](#) – Jennifer Udler and Anita Robertson, LCSW
 - A couple's guide to loving and living with adult ADHD

Podcasts

- [The Neurodivergent Woman](#)
 - discusses ADHD and autism in women and AFAB individuals
- [ADHD Rewired](#)
 - hosted by Eric Tivers, featuring ADHD strategies and stories
- [Two Sides of the Spectrum](#)
 - a neurodiversity-affirming podcast featuring autistic perspectives
- [The Neurodivergent Insights Podcast](#)
 - covers ADHD, autism, and other neurodivergence in the adult population, offering advice and coping strategies.