

Reading List

This is a list of books, publications, articles and other resources that various DAAS attendees have found helpful. You could check if any of these are available to loan through the library, or available as audio books, ebooks, or in print, whichever format is your preference.

Title	Author(s)	Note(s)
Autism – Explaining the Enigma	Uta Frith	An academic and wide-ranging discussion on many aspects of autism
A Boy called Arsenal	Alan Hill	An honest and emotional true story about a DAAS member who, after a life-long battle with mental and physical problems, finally became diagnosed with autism at the age of 49.
A Very Late Diagnosis of Asperger Syndrome	Philip Wylie	Has been found useful by some members diagnosed or suspecting AS as adults
Living Sensationally - understanding your senses	Winnie Dunn	Has been recommended for learning more about sensory differences and how to live with them
Aspergirls	Rudy Simone	Covers some of the different presentations of AS, often (but not always) found in females.
A Field Guide to Earthlings	Ian Ford	An autistic/Asperger view of neurotypical behaviour
Autism in Adults	Dr Luke Beardon	A general guide that is not very long and uses positive language.
Women and Girls with Autism Spectrum Disorder	Sarah Hendrickx	Understanding life experiences from early childhood to old age, by an autistic author.

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Life Will Never Be Dull: The Little Book of Autism Adventures	Deborah Brownson and Michelle Rebello-Tindall	A light-hearted, illustrated look at family life with autism
Caged in Chaos	Victoria Biggs	Written by a female teenager about her experience with dyspraxia but overlaps a lot with autism.
A Kind of Spark	Elle McNicoll	Fictional story about an autistic 11 year old girl, written by an autistic author. Aimed at children, but worthwhile for adults to read too.
An Adult with an Autism Diagnosis	Gillan Drew	This book gives a good first-hand account about life before and after diagnosis. Positive, funny and insightful, it is a reminder that living with autism takes courage, hard work, encouragement and understanding from those with a diagnosis and society in general.
Asperger's Syndrome: Meltdowns and Shutdowns	Alis Rowe	From the Girl with the Curly Hair looking at why meltdowns and shutdowns might occur and gives suggestions on how they might be managed.
Asperger's Syndrome and Executive Function	Alis Rowe	From the Girl with the Curly Hair giving strategies on how to improve executive function so as to improve all areas of an individual's life.
Asperger's Syndrome and Anxiety	Alis Rowe	Through a series of short narratives, diagrams and graphs, the Girl with the Curly Hair explains why certain situations make people with ASD anxious and provides

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		strategies and coping mechanisms.
The Meme's Book: ASD in Daily Life	Alis Rowe	Created on user request, The Memes Book is a collection of quotes about Autism Spectrum Disorder (ASD) in daily life, from the popular character, the girl with the curly hair
Watching the English: The Hidden Rules of English Behaviour	Kate Fox	Studying the English national character to expose a complex set of unspoken rules and bizarre codes of behaviour. A useful and humorous guide for people who may feel like a foreigner in their own society. https://www.amazon.co.uk/Watching-English-International-Bestseller-Revised/dp/1444785206/
Asperger Syndrome and Alcohol: Drinking to Cope?	Sarah Hendrickx, Matthew Tinsley	Explores people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. https://www.amazon.co.uk/Asperger-Syndrome-Alcohol-Drinking-Cope/dp/1843106094/ref=asc_df_1843106094/
https://musingsofanaspie.com (Blog)	Cynthia Kim	A blog covering a variety of topics written by a late diagnosed autistic woman. Whilst it is no longer updated, some of the previous posts explain various topics well.
https://thegirlwiththecurlyhair.co.uk/ (website)	Alis Rowe (founder)	The Curly Hair Project is a social enterprise aimed at helping autistic people and those around them. They run online events and have written books on various topics. Despite the name the website is

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		suitable for males as well as females!
https://www.autisticparentsuk.org (website)		Lots of useful resources for autistic parents.