

Neurodiversity

The following books on neurodiversity are a selection from our collection and are available to borrow from the Library.

Neurodiversity coaching: a psychological approach to supporting neurodivergent talent and career potential by Doyle, N (2024) **HF5549 DOY**

The adult ADHD & anxiety workbook: cognitive behavioural therapy skills to manage stress, find focus, and reclaim your life by Ramsey, J (2024) **WELL-BEING 616.89RAM**

Untypical: how the world isn't built for autistic people and what we should all do about it by Wharmby, P (2024) **WELL-BEING 616WHA**

Women and Girls on the Autistic Spectrum: Understanding life experiences from early childhood to old age by Hendrickx, S (2024) **FACT616HEN**

The neurodivergence skills workbook for autism and ADHD: cultivate self-compassion, live authentically, and be your own advocate by Kemp, J (2024) **WELL-BEING 616.89KEM**

ADHD 2.0: new science and essential; strategies for thriving with distraction: from childhood through adulthood by Hallowell, E (2023) **WELL-BEING 618.9HAL**

Empowered women with ADHD: tools, hacks and proven strategies to manage overwhelm, racing thoughts and emotions by Rose, E (2023) **WELL-BEING 616.89ROS**

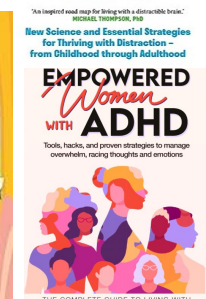
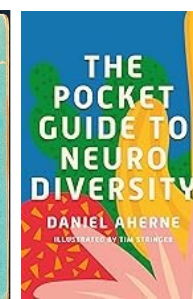
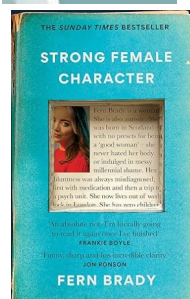
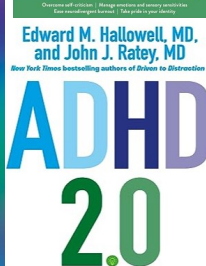
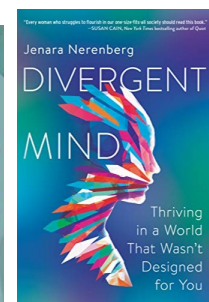
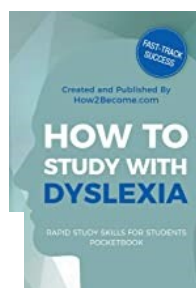
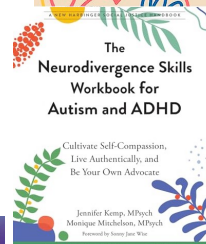
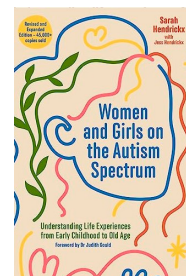
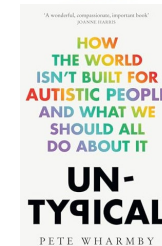
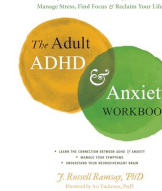
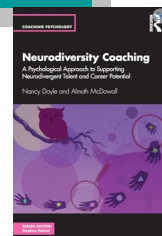
The pocket guide to neurodiversity by Aherne, D (2023) **WELL-BEING 616.89AHE**

Strong female character by Brady, F (2023) **FACT616.8BRA**

Divergent mind: thriving in a world that wasn't designed for you by Nerenberg J (2021) **FACT616.89NER**

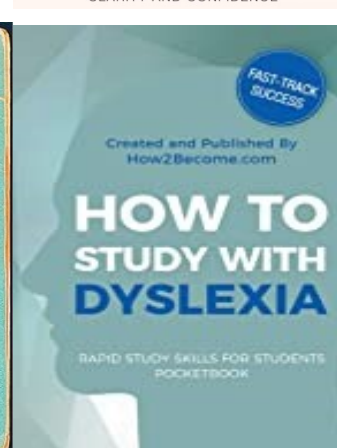
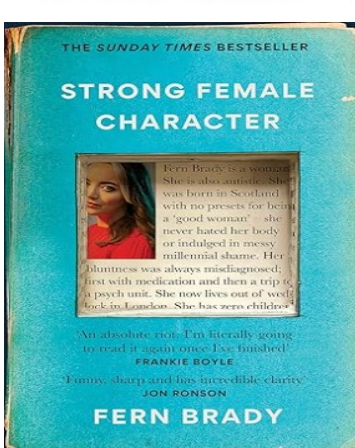
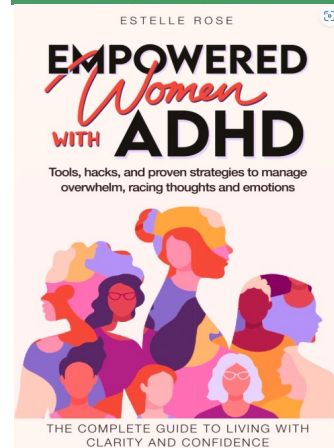
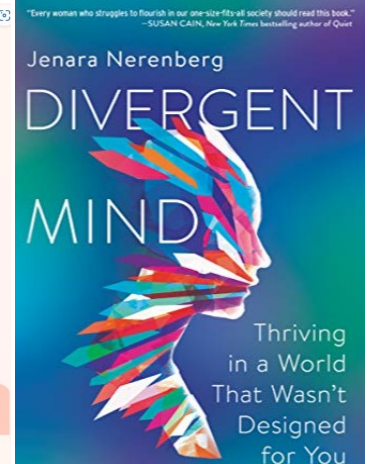
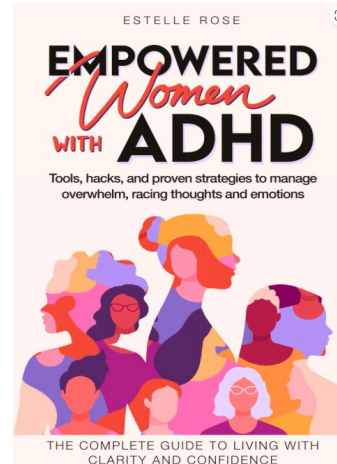
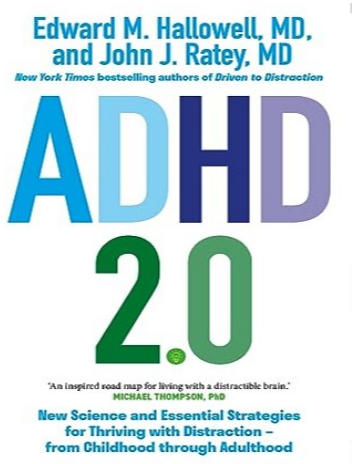
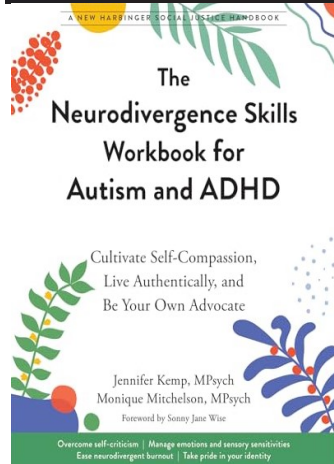
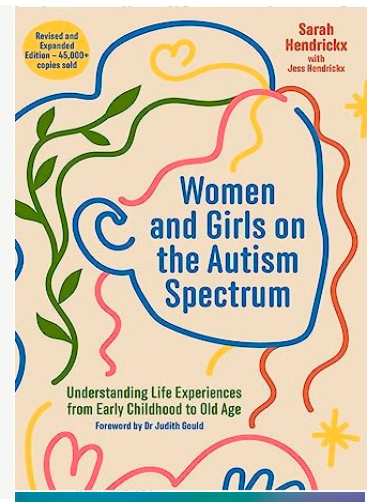
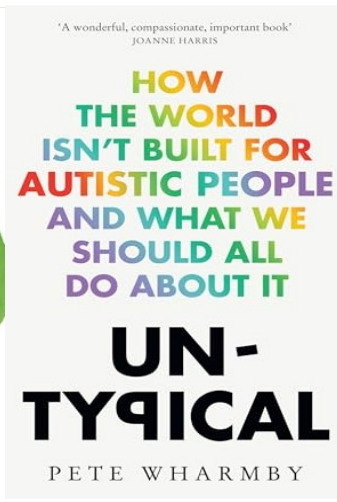
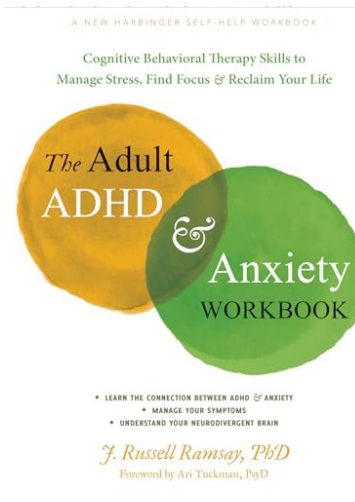
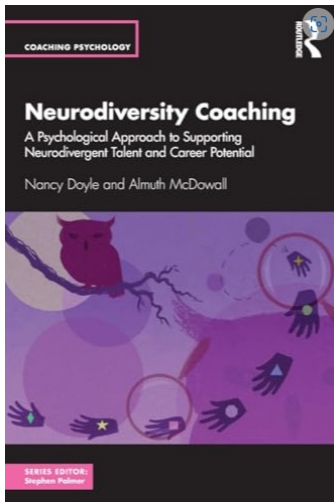
How to study with dyslexia pocketbook by How2Become (2018) **W18HOW**

Scan the QR code to see our full neurodiversity collection



Neurodiversity

The following books on neurodiversity are a selection from our collection and are available to borrow from the Library.



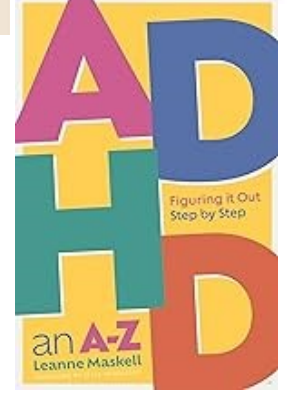
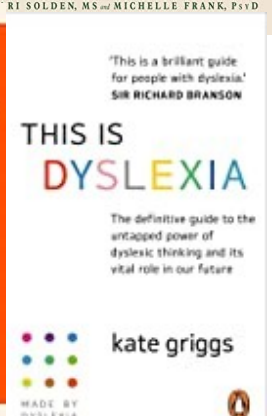
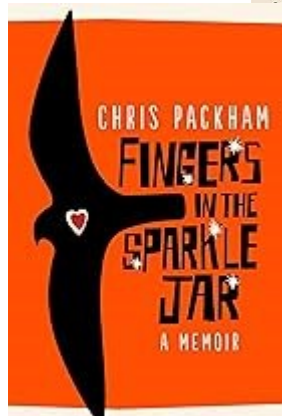
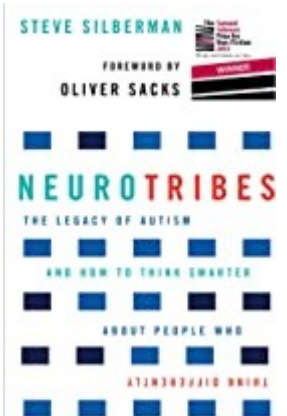
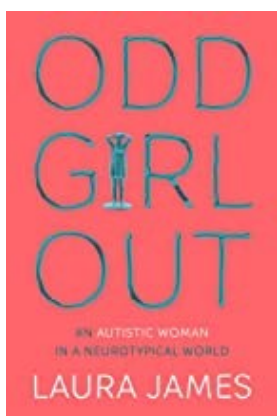
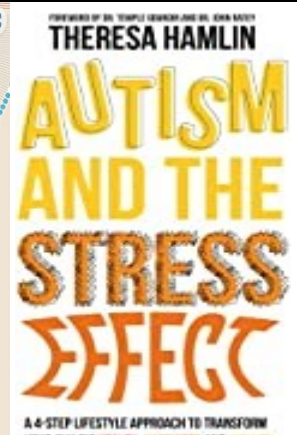
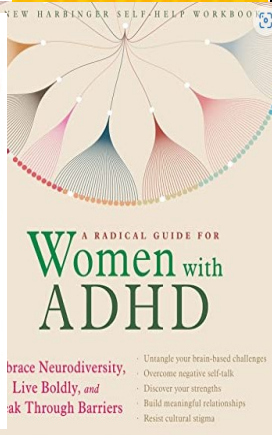
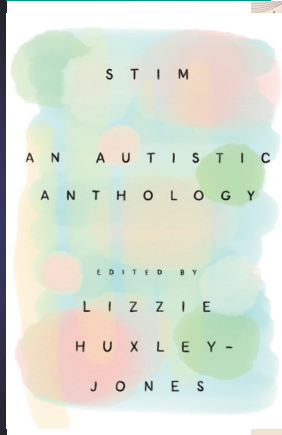
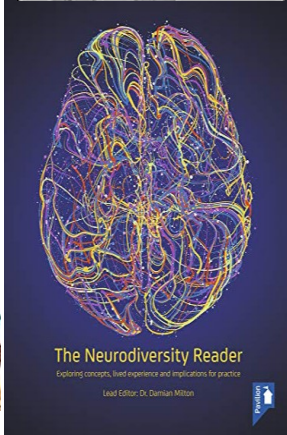
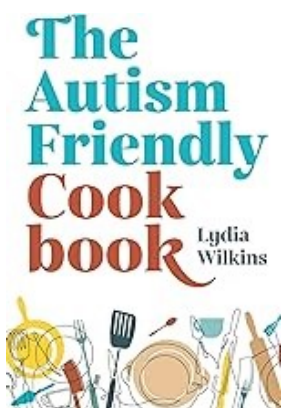
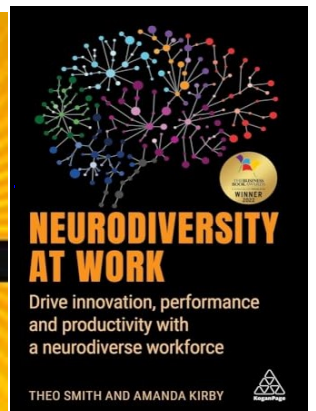
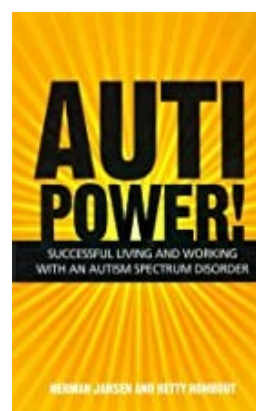
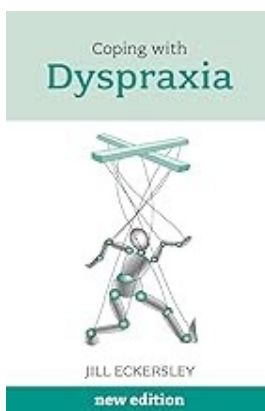
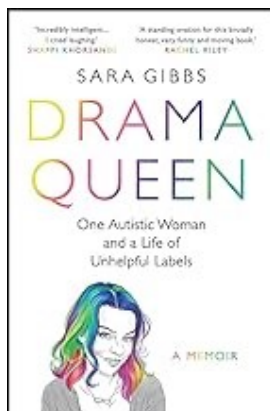
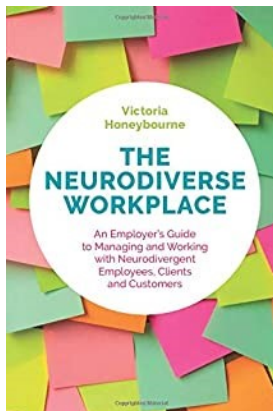
Scan the QR code to see our full neurodiversity collection



Reading List

Neurodiversity

The following books on neurodiversity are a selection from our collection and are available to borrow from the Library.



Scan the QR code to see our full neurodiversity collection

