

Reading List

Neurodiversity

The Library has a growing collection of books for improving staff well-being. The following books on neurodiversity are available to borrow from the Library.

The autistic burnout workbook: your guide to your personal recovery plan
by Neff, M. (2025) WELL-BEING 616.85882 NEFF

Self-care for autistic people
by Neff, M. (2024) WELL-BEING 616.85882 NEF

Neurodiversity coaching: a psychological approach to supporting neurodivergent talent and career potential
by Doyle, N. (2024) HF 5549 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 616.89 RAM

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

Women and Girls on the Autistic Spectrum: Understanding life experiences from early childhood to old age
by Hendrickx, S. (2024) FACT 616 HEN

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

Is this autism? A guide for clinicians and everyone else
by Henderson, D. (2023) WELL-BEING 616.85882 HEN

The dyslexic advantage by Eide, B & F. (2023) WELL-BEING 616.8553 EID

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

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

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

Strong female character by Brady, F (2023) FACT 616.8 BRA

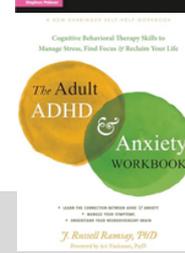
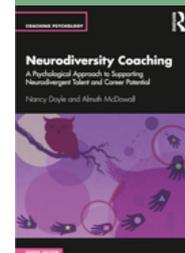
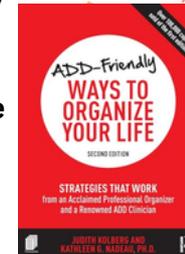
Unmasking autism: the power of embracing our hidden neurodiversity
by Price, D. (2022) WELL-BEING 616.85882 PRI

Sincerely, your autistic child by Ballou, E. WELL-BEING 616.85882 BAL

Divergent mind: thriving in a world that wasn't designed for you
by Nerenberg, J. (2021) FACT 616.89 NER

How to study with dyslexia pocketbook by How2Become.(2018) W 18 HOW

ADD-friendly ways to organize your life by Kolberg, J. (2017) WELL-BEING 616.8589 KOL



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