

Adult Reading List

The following books explore and celebrate strengths, diversity, and acceptance and are likely most appropriate for autistic individuals, caregivers, family members, and other professionals (listed in alphabetical order):

- [Autism in Heels: The Untold Story of a Female Life on the Spectrum](#) by Jennifer Cook O'Toole
- [Ido in Autismland: Climbing Out of Autism's Silent Prison](#) by Ido Kedar
- [Just Give Him the Whale!: 20 Ways to Use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism](#) by Paula Kluth & Patrick Schwarz
- [Leaders Around Me: Autobiographies of Autistics who Type, Point, and Spell to Communicate](#) edited by Edlyn Vallejo Peña, PhD
- [Life, Animated: A Story of Sidekicks, Heroes, and Autism](#) by Ron Suskind
- [My Mother's Apprentice: An Autistic's Rites of Passage](#): by Gyasi Burks-Abbott
- [Navigating Autism: 9 Mindsets For Helping Kids on the Spectrum](#) by Temple Grandin, PhD
- [NeuroTribes: The Legacy of Autism and the Future of Neurodiversity](#) by Steve Silberman
- [Raising Human Beings: Creating a Collaborative Partnership with Your Child](#) by Ross Greene, PhD
- [Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew about Growing Up, Acceptance, and Identity](#) by the Autistic Women and Nonbinary Network
- [The Autistic Brain: Helping Different Kinds of Minds Succeed](#) by Temple Grandin, PhD
- [Uniquely Human: A Different Way of Seeing Autism](#) by Barry Prizant, PhD
- [We're Not Broken: Changing the Autism Conversation](#) by Eric Garcia

For additional ideas, see Not An Autism Mom's "[100ish Books on Autism and Neurodiversity](#)".