**Books on Autism:**

**"NeuroTribes: The Legacy of Autism and the Future of Neurodiversity"**

**By: Steve Silberman**
🔹 Investigative journalist, not a clinician, but extensively researched and endorsed by autistic professionals
🔹 Explores the history of autism, diagnostic shifts, and strengths

**Why it's helpful:** For someone trying to make sense of how autism presents and why it's often missed in late-diagnosed adults.

**"Unmasking Autism: Discovering the New Faces of Neurodiversity"**

**By: Dr. Devon Price, PhD** (autistic, social psychologist)

🔹 Focus: Late-diagnosed and self-identified autistic adults, especially those who’ve masked for decades
🔹 Validates why so many autistic adults (especially women, trans, BIPOC, or queer people) get missed
🔹 Offers practical tools for **unmasking**, self-acceptance, and redefining identity

**Why it's powerful:** This book is a *game-changer* for adults who don’t fit the “classic” autism stereotype. It’s compassionate, grounded in science and lived experience, and deeply affirming.

**"Uniquely Human: A Different Way of Seeing Autism"**

**By: Dr. Barry M. Prizant (Speech-language pathologist, autism researcher)**
🔹 Empathetic, insightful, and strengths-based.
🔹 Ideal for parents wanting to understand behaviors without pathologizing.

**Why it's helpful:** Offers a compassionate, non-clinical lens that might help the father understand and accept his son's potential diagnosis in a positive light.

**"Look Me in the Eye: My Life with Asperger's"**

**By: John Elder Robison (Autistic, late-diagnosed, engineer, and later autism advocate)**
🔹 Personal narrative of being diagnosed in adulthood
🔹 Candid, often humorous, and deeply relatable

**Why it's helpful:** If the son is hesitant or skeptical, Robison’s journey may feel relatable and validating without being clinical.

**"Divergent Mind: Thriving in a World That Wasn't Designed for You"**

**By: Jenara Nerenberg (Neurodivergent author, journalist, speaker)**
🔹 Focuses on neurodivergence in adults, especially women and those assigned female at birth, but very helpful across genders.
🔹 Accessible, affirming, and encourages self-exploration

**Tone:** Empowering and self-validating — great for adults questioning if they may be autistic or ADHD.

**"The Autistic Brain: Helping Different Kinds of Minds Succeed"**

**By: Dr. Temple Grandin (Autistic, PhD in animal science)**
🔹 Blends neuroscience and personal insight
🔹 Written by a world-renowned autistic adult

**Why it fits:** Dr. Grandin is a relatable figure for many adults exploring autism — particularly those who are more analytical or science-oriented.

**"I Overcame My Autism and All I Got Was This Lousy Anxiety Disorder"**

**By: Sarah Kurchak (Autistic writer and advocate)**
🔹 Memoir-style but reflective and psychologically insightful
🔹 Tackles masking, burnout, and being autistic in a neurotypical world

**Tone:** Honest, smart, and humorous — good for adults who appreciate wit alongside truth.

 **"Autism in Heels: The Untold Story of a Female Life on the Spectrum"**

**By: Jennifer Cook (Autistic author, formerly diagnosed as having Asperger's)**
🔹 Also the author of *The Asperkids* series
🔹 Empowering and reflective — though written from a female perspective, often resonates across gender

**"Odd Girl Out: An Autistic Woman in a Neurotypical World"**

**By: Laura James**
🔹 British journalist diagnosed in adulthood
🔹 Personal story + reflection on marriage, parenting, masking, and sensory overwhelm

Gendered lens but emotionally insightful — often resonates with all genders

**"But You Don’t Look Autistic At All"**

**By: Bianca Toeps** (Autistic photographer and writer from the Netherlands)
🔹 Smart, funny, and a bit irreverent
🔹 Speaks to everyday struggles (sensory overload, social situations, burnout)

A good read for younger adults, or anyone skeptical of formal diagnosis but curious about the label

**"Thinking in Pictures"**

**By: Temple Grandin, PhD**
🔹 One of the original voices of autistic adults
🔹 Combines personal narrative with cognitive science

More analytical, especially helpful for visual thinkers

**"Spectrum Women: Walking to the Beat of Autism"**

**Edited by: Barb Cook and Dr. Michelle Garnett (Clinical Psychologist)**
🔹 Collection of essays by autistic women and non-binary individuals
🔹 Topics: identity, relationships, employment, mental health

Good for both parent and son — shows the **diversity of autistic experiences**

**"A Field Guide to Earthlings: An Autistic/Asperger View of Neurotypical Behavior"**

**By: Ian Ford (autistic adult)**
🔹 A semi-humorous guide written as if explaining neurotypicals to aliens
🔹 Reverses the “othering” narrative

Great for autistic adults trying to make sense of confusing social norms

**WORKBOOKS:**

**"The Autism Spectrum Survival Guide for Teens and Adults: The Neurodivergent Toolkit for Living Your Best Life"**
**By: Francis Tabone, PhD (Educational psychologist)**
🔹 Practical strategies for executive function, social skills, identity
🔹 Less “deep” emotionally, but useful for structure-oriented thinkers

**"The Autism and Neurodiversity Self Advocacy Handbook"**

**By: Barb Cook & Yenn Purkis (both autistic advocates and writers)**
🔹 Topics: Identity, disclosure, workplace issues, managing sensory environments
🔹 Strengths-based and highly affirming
🔹 Good balance of prompts, info, and real-life scenarios

✅ Ideal for newly diagnosed or self-identifying adults
📌 Written by neurodivergent authors

**"The Autism Workbook for Adults: A Guide to Understanding Your Neurodivergent Mind"**

**By: Eva Mendes, LMHC (psychotherapist who specializes in autism in adults)**
🔹 Sections on self-understanding, social energy, masking, relationships
🔹 Activities, reflection prompts, sensory profiles
🔹 Especially good for clients who are high-functioning and introspective

✅ Excellent for the patient’s son if he's open to structured reflection
🧠 Therapist-authored and clinically grounded

 **"I Think I Might Be Autistic: A Workbook for Adults Exploring Self-Diagnosis"**

**By: Cynthia Kim (autistic author)**
🔹 Warm, accessible guide for adults wondering if they’re autistic
🔹 Journaling prompts + checklists
🔹 Not clinical or diagnostic — exploratory in tone

✅ A gentle, validating starting point — no pressure

**"The Asperger’s Syndrome Workbook"**

**By: Kenneth Aitken (Clinical Psychologist)**
🔹 Older terminology but still useful
🔹 Focused on cognitive/behavioral exercises and coping strategies
🔹 Targets executive function, social pragmatics, sensory management

🔎 Helpful if the son leans toward “logical” learning or wants skills-based structure

**🧠 Related Workbooks That Help with Autism-Related Challenges**

**"The Executive Functioning Workbook for Adults"**

**By: Sharon Grandinette, MSEd**
🔹 Step-by-step tools for task initiation, planning, time management, memory
🔹 Highly relevant for autistic adults (whether diagnosed or not)

✅ Practical and problem-solving oriented

 **"The Social Survival Guide for Teens on the Autism Spectrum"**

**By: Elizabeth Verdick & Elizabeth Reeve, MD**
🔹 Teen-leaning, but useful for younger adults
🔹 Covers friendships, boundaries, self-advocacy
🔹 Written with clinical and lived-experience input

📚 A good bridge workbook for someone age 18–26

**📙 For Parents (Wanting to Understand & Support an Adult Child)**

**"Loving Your Autistic Self: A Workbook"**

**By: Jamie Freed (neurodivergent therapist)**
🔹 Very new (2024)
🔹 Exercises on unmasking, body acceptance, sensory boundaries, identity
🔹 Grounded in compassion and radical acceptance

✅ Could be read together or separately by father and son
💛 Great for strengthening autonomy and connection