



Autistic Adult Resource List

Websites, Organizations, Resources:

[NeuroQueer: The Writings of Dr. Nick Walker](#)

[Embrace Autism: The Ultimate Autism Resource](#)

[Neuroclastic : The Autism Spectrum According to Autistic People](#)

[Thriving Autistic Social Meetups](#)

[Total Spectrum Counseling: What is Autism?](#)

[Autistic Self Advocacy Network](#)

[Asberger/Autism Network](#)

[Autistic Women and Nonbinary Network](#)

[Neurodiversity Network Career & Self Development](#)

[Life in Progress: HFA and Autism Employment Resources](#)

[Virtual Vocations Remote Work Opportunities](#)

[Association for Autism and Neurodiversity Adult Support Groups & Community Connections](#)

[Sinneave Family Foundation](#)

[Wrong Planet](#)

[Inside of Autism](#)

Books:

[Autistic and Black](#) by Kala Allen Omeiza

[Unmasking Autism](#) by Devon Price

[Unmasking for Life](#) by Devon Price

[The Resistance, Persistence, and Resilience of Black Families Raising Children with Autism](#) by Drame, Adams, Nolden, & Nardi



[Divergent Mind](#) by Janara Nerenberg

[Aspergirls](#) by Rudy Simone

[Women and Girls on the Autism Spectrum](#) by Sarah Hendrickx

[Accessing the Healing Power of the Vagus Nerve](#) by Stanley Rosenberg

[A Field Guide to Earthlings](#) by Ian Ford

[Uniquely Human](#) by Prizant and Fields-Meyer

[Neurodivergent Friendly Workbook of DBT Skills](#) by Wise

[We're Not Broken](#) by Eric Garcia

[Visual Thinking](#) by Temple Grandin

[NeuroTribes](#) by Steve Silberman

[Avoiding Anxiety in Autistic Adults](#) by Luke Beardon

[So You Think You're Autistic: A Workbook for the Confused Person Who's Just Trying to Figure Things Out](#) by Samantha Stein

On Raising Neurodivergent Children

[The Child With Special](#) Needs by Greespan et al.

[Differently Wired: Raising an Exceptional Child in a Conventional World](#) by Reber

[The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children](#) by Greene and Ross

[Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges](#) by Delahooke

[Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive](#) by Siegel and Tarcherperigee

Podcasts + YouTube Channels

[Autastic List of Podcasts](#) – I would check this one out first as it has a TON of excellent and vetted podcasts, many of whom are hosted by and for Autistics.



[Intersections on the Spectrum](#) by Blecher and Johnson

[ADDitude Episode 258 – Could I be on the Autism Spectrum? ASD in Adults](#)

[Neurodiversity Podcast](#) with Emily Kircher-Morris, [Episode 91: Creating a Neurodiversity-Affirming World](#)

The Modern Therapist's Survival Guide, [Episode 101: Neurodivergence: An Interview with Joel Schwartz, PsyD](#)

[Autism from the Inside](#)

[Academy](#)

[Uniquely Human: The Podcast](#)

[Neuroqueering with Pasha Marlowe, MFT](#)

[Exploring Neurodiversity with Adina Levy](#)

[Taking Authority over Autism with Sheletta Brundidge](#)

[Autism in Color with La Becky and Chavon](#)

[Two Sides of the Spectrum with Meg Proctor](#)

[Autism in Black: The Podcast with Maria Davis-Pierre, LMHC](#)

[The Neurodivergent Woman Podcast with Dr. Monique Mitchelson and Dr. Michelle Livock](#)

[The Neurodiversity Podcast with Emily Kircher-Morris](#)

[Authentically Autistic and ADHD with Kori Tomelden](#)

[How “Unmasking” Leads to Freedom for Autistic and Other Neurodivergent People](#) with Devon Price

[Meet My Autistic Brain with The Autistic Woman](#)

[How to Manage Your Autism & ADHD by Yo Samdy Sam](#)

[Divergent Conversations with Dr. Megan Neff and Patrick Casale](#)

[Atypical: The Podcast by the Atypical Crew](#)9-24-23



Social Media

[Neurodiversity Support Group](#) (FB)

[An Autistic Black Dad](#) (FB)

[Actually Autistic Adults and Allies](#) (FB)

[Autistic Scientist Turned Dominatrix](#)
(FB)

[Neurowild](#) (FB)

[The Autistic Teacher](#) (FB)

[Autism Comedy Club](#) (FB)

[The AUDHD Therapist](#) (FB)