



## ***Inspirational and Reflective Reading List Revision K September 24***

**Focus—This revision is on  
ADHD, in advance of October  
—ADHD awareness month.**

**As requested — Newest  
suggestions now first.  
All suggestions come from  
the community.**

# **Good Reading Folks**

## **Forth coming FREE Webinars**

*Neurodevelopment Conditions and People  
in Conflict with the Law .*

*Speakers: Bill Colley and Corrie McLean*

*Wednesday 9th October 2024 @ 10am.*

### **Information and Registration**

**Eventbrite:** [https://www.eventbrite.com/e/neurodevelopmental-conditions-and-people-in-conflict-with-the-law-tickets-1004614287377?aff=eivtefrnd&utm\\_share\\_source=listing\\_android](https://www.eventbrite.com/e/neurodevelopmental-conditions-and-people-in-conflict-with-the-law-tickets-1004614287377?aff=eivtefrnd&utm_share_source=listing_android)

**Tickets Tailored :** <https://buytickets.at/aiseecollaborativelimited/1401811>

*Avoid the Disconnect— Supporting an  
Inclusive Rights Based Approach.*

*Speakers: Bill Colley, Professor Jean MacLennan and Thom Kirkwood*

*Wednesday 6th November 2024 @ 10am.*

### **Information and Registration**

**Eventbrite:** [https://www.eventbrite.com/e/avoid-the-disconnect-supporting-an-inclusive-based-approach-tickets-980087747837?aff=esli&utm\\_share\\_source=listing\\_android](https://www.eventbrite.com/e/avoid-the-disconnect-supporting-an-inclusive-based-approach-tickets-980087747837?aff=esli&utm_share_source=listing_android)

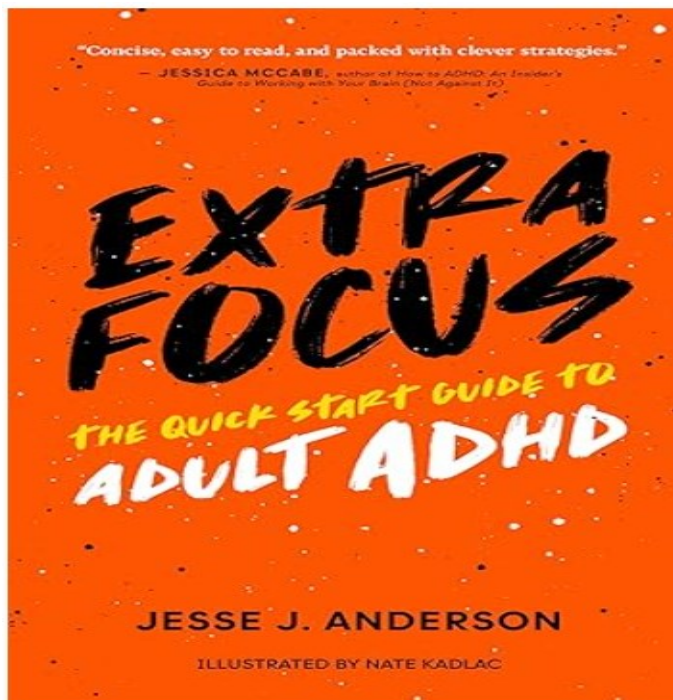
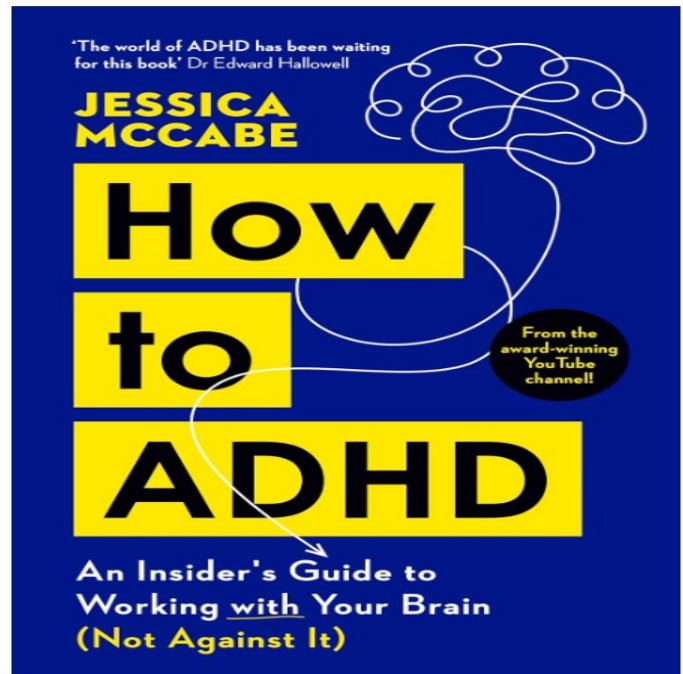
**Tickets Tailored:** <https://buytickets.at/aiseecollaborativelimited/1401895>

**If you would like to make submit titles please email [enquiries@aiseecollaborative.co.uk](mailto:enquiries@aiseecollaborative.co.uk)**

NOTE: This list is not a recommendation list, merely a sharing of titles as suggested by individuals, parent carers, practitioners and professionals along with brief summary.

In *How to ADHD*, Jessica McCabe reveals the insights and tools that have changed her life, while offering an unflinching look at the realities of every day with ADHD. Sharing stories of her struggles with the condition, which spiralled as she approached adulthood, Jessica offers expert-backed guidance for adapting your environment, routines and systems to work with the ADHD brain, including how to: - **boost your organisational** - **facilitate your focus** - **build your time wisdom**.

Presented in an ADHD-friendly design and packed with practical advice and tools, *How to ADHD* is an affirming, warm and helpful guide that will help you recognise your challenges, tackle 'bad brain days', and to ultimately be kinder to yourself.



Based on the latest findings in the field, the authors have expanded this edition to incorporate treatment strategies not only for adults, but also for adolescents with ADHD.

Updates the proven Young-Bramham Programme to be used not only with adults but also with adolescents, who are making the difficult transition from child to adult services

New edition of an influential guide to treating ADHD beyond childhood which encompasses the recent growth in scientific knowledge of ADHD along with published treatment guidelines

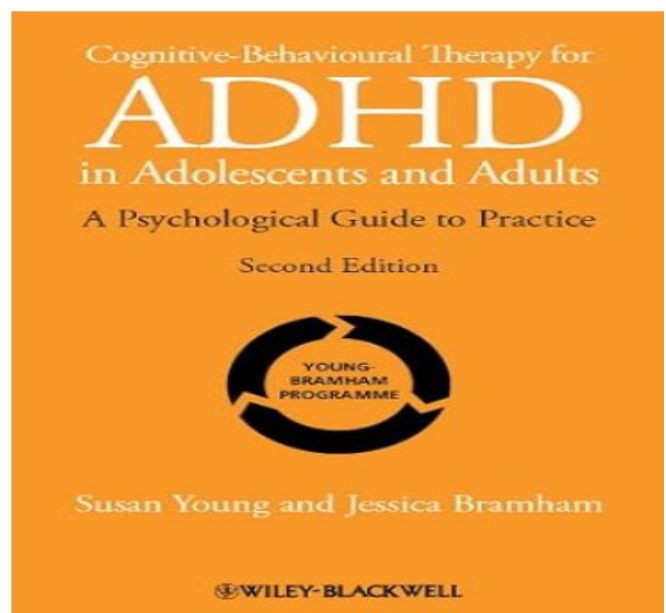
Chapter format provides a general introduction, a description of functional deficits, assessment methods, CBT solutions to the problem, and a template for group delivery

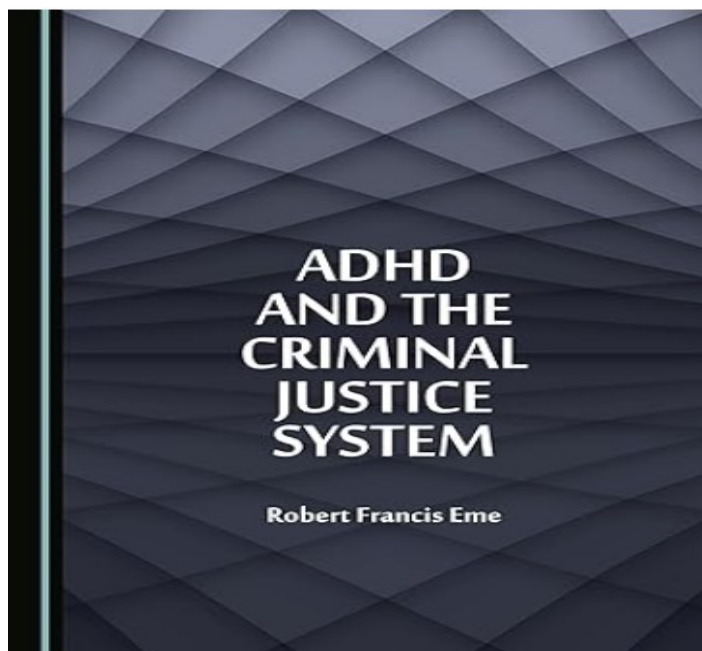
You'll discover:

**The 4 Cs Motivation Framework** that reignites your drive and defeats procrastination

- **ADHD-friendly habit hacks** that make routines feel effortless and rewarding
- **Energy management secrets** to prevent the ADHD burnout cycle
- **Time-mastery techniques** for overcoming time blindness and lateness
- **Memory tricks** to keep your ideas, tasks, and belongings in check
- **Powerful strategies for silencing your inner critic** and embracing self-acceptance

With **Extra Focus**, you'll gain the tools, insights, and confidence to embrace your neurodivergence, redefine success on your own terms, and create a life of fulfillment and joy. The journey starts now.





An astounding 25 percent of young adult males who are incarcerated in the US, UK and other Western countries have ADHD. Treatment of individuals with ADHD with stimulant medication can result in a 31% reduction in their criminal behavior and a 43% reduction in violent crime in offenders after release from prison. Despite the widespread prevalence of ADHD and the remarkable effectiveness of its treatment on reducing crime, the systematic identification and treatment of ADHD in the criminal justice system is virtually non-existent. This is the first book written for professionals in the CJS to help them better understand and work with people who have ADHD. Providing what they need to know, based on the best of current science.

Using self-reported and arrest data, the book examines the key stages of male adolescent offending with a view to early recognition of behaviours that leave young men vulnerable to criminal exploitation and the escalation of violence. It also explains the importance of understanding crime motivations, how young men view themselves when they offend, and the emotions that they experience.

Rather than looking at violent offending as a single category of behavior, the book helps readers differentiate between types of adolescent violence and understand the underlying psychological and social causes. It offers an insight into the journey of young people who are criminally exploited and those who become involved in committing acts of serious violence and organized crime. It does so by using data from official records, self-reported offending, and the narratives of young people. Each chapter focuses on a particular stage of offending with a view to early identification, support, and diversion.



## Pathways to Adolescent Male Violent Offending

SALLY-ANN ASHTON



Bringing together theory, policy and practice, this book provides a balanced exposition of contemporary youth justice debates, includes a range of features designed to engage and inspire students:

‘Stop and think’: ‘Conversations’: ‘Telling it like it is’: ‘Controversies and debates’: ‘Recurring theme alerts’:

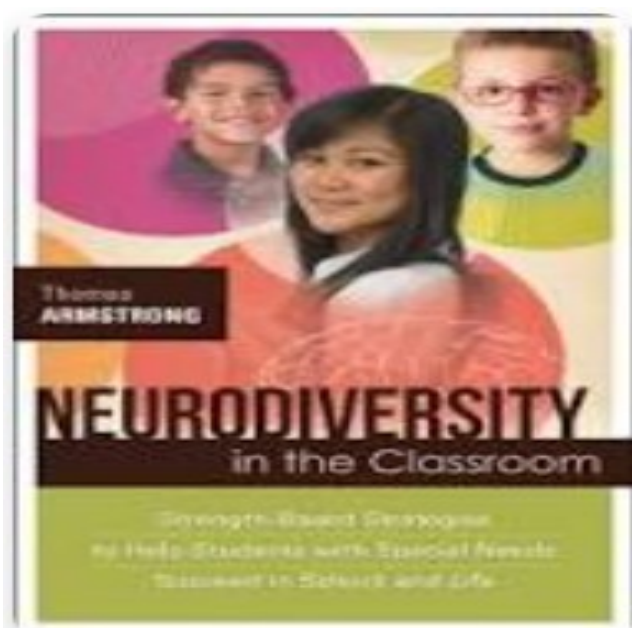
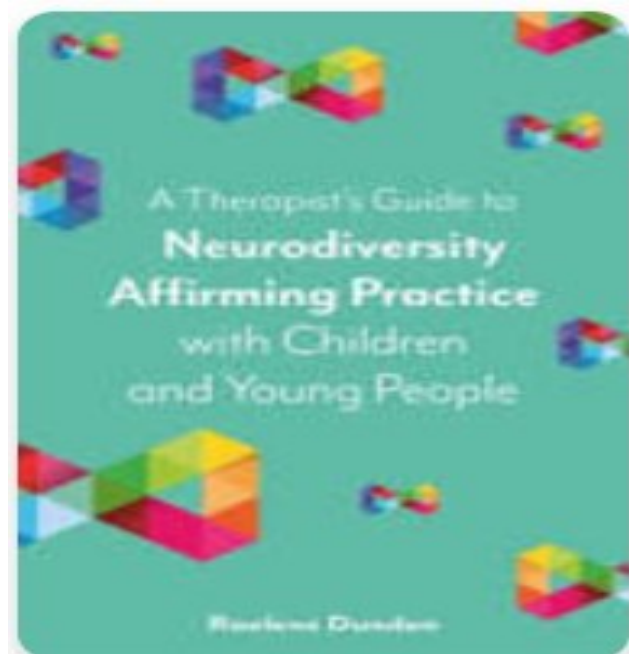
The new edition has been fully revised and updated and includes discussion of revised National Standards in Youth Justice, the new ‘Child First’ strategic objective for youth justice, the ‘trauma informed practice’ movement, the impact of coronavirus on children in the Youth Justice System and the continued impact of austerity on policy and practice.



In this honest and practical guide, autistic therapist Raelene Dundon explores and demystifies how neurodiversity affirming principles can be easily applied to therapeutic practice.

Covering essential considerations for working with neurodivergent clients such as presuming competence, promoting autonomy and respecting communication styles, and providing advice on the best affirming approaches in therapy including how to accommodate sensory needs and encourage self-advocacy, Raelene provides easy-to-implement ways to make your practice inclusive and empowering for neurodivergent children and young people.

The deficit model is out. It's time to become neurodiversity affirming.

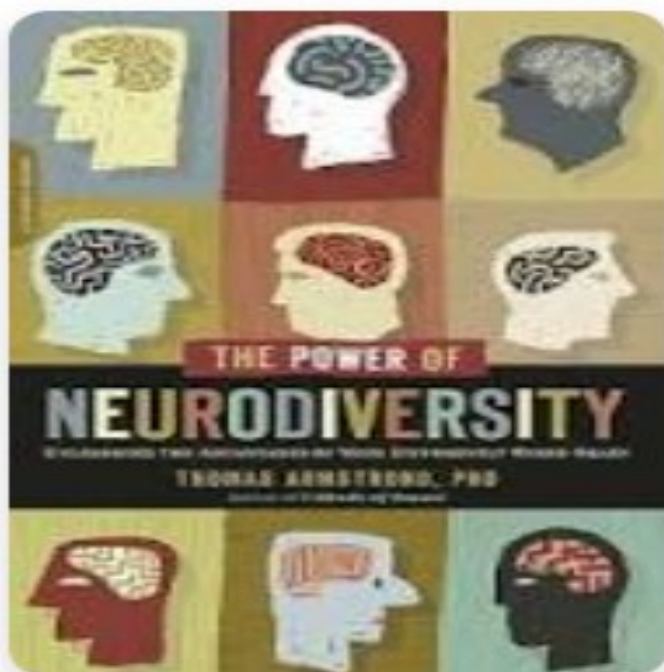


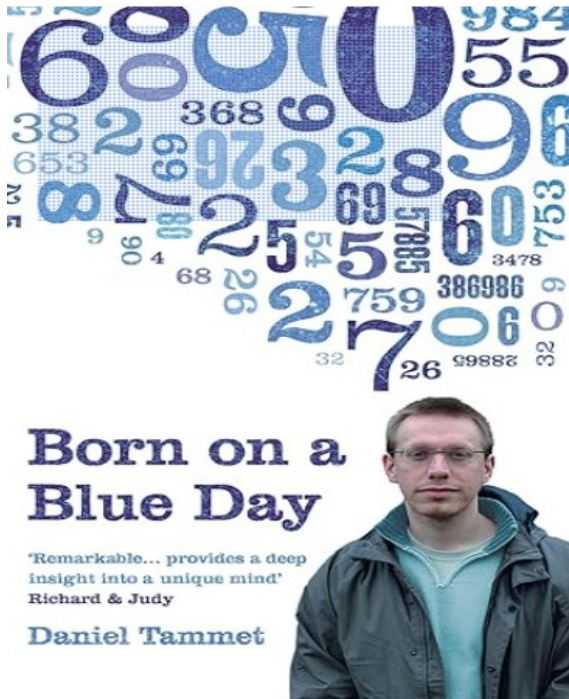
For each category, Armstrong provides an in-depth discussion of \* The positive attributes associated with that category, \* Acclaimed neurodiverse adults who have excelled in their chosen fields, \* Computer programs and applications that allow students with special needs to overcome obstacles and achieve success, \* Rich networks of human resources both inside and outside of school that educators can draw upon to support the social and emotional lives of neurodiverse students, \* Innovative learning strategies that are tailored to each student's unique strengths, Future career paths for which a student's particular gifts might be a good fit,\* Modifications in the school environment that allow for seamless inclusion of neurodiverse students in the regular classroom, and \* Timely information about how to integrate the strategies and assessments for each category with the Common Core State

From ADHD and dyslexia to autism, the number of diagnosis categories listed by the American Psychiatric Association has tripled in the last fifty years. With so many people affected, it is time to revisit our perceptions of people with disabilities.

Bestselling author, psychologist, and educator Thomas Armstrong illuminates a new understanding of neuropsychological disorders. He argues that if they are a part of the natural diversity of the human brain, they cannot simply be defined as illnesses. Armstrong explores the evolutionary advantages, special skills, and other positive dimensions of these conditions.

A manifesto as well as a keenly intelligent look at "disability," The Power of Neurodiversity is a must for parents, teachers, and anyone who is looking to learn more about neurodivergence.





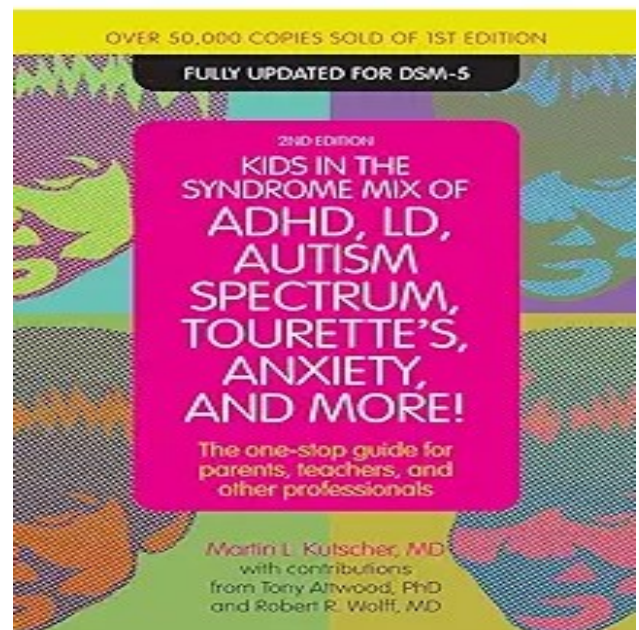
But in some ways Daniel is not all like the Rain Man. He is virtually unique amongst people who have severe autistic disorders in being capable of living a fully-functioning, independent life. It is this incredible self-awareness and ability to communicate what it feels like to live in a totally extraordinary way that makes BORN ON A BLUE DAY so powerful.

Born on 31 January 1979 - a Wednesday. I know it was a Wednesday, because the date is blue in my mind and Wednesdays are always blue, like the number nine or the sound of loud voices arguing.

Like the character Hoffman portrayed, he can perform extraordinary maths in his head, sees numbers as shapes, colours, textures and motions, and can learn to speak a language fluently from scratch in three days. He also has a compulsive need for order and routine. If he gets stressed or unhappy he closes his eyes and counts.

The completely updated and expanded new edition of this well-established text incorporates DSM-5 changes as well as other new developments. The all-in-one guide covers the whole range of often co-existing neuro-behavioural disorders in children - from attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder, and anxiety, to autism spectrum disorders, nonverbal learning disabilities, Tourette's, sensory integration problems, and executive dysfunction.

Finally, a chapter on the role of medications summarizes current knowledge. The author's sympathetic yet upbeat approach and skilful explanations of the inner world of children in the syndrome mix make this an invaluable companion for parents, teachers, professionals, and anyone else who needs fast and to-the-point advice on children with special needs.

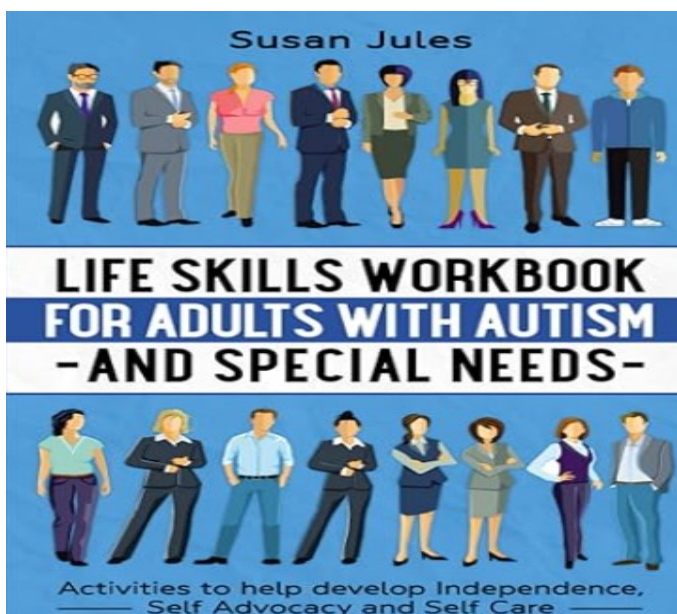


Autism doesn't end when you turn 18.

It's important for adults with autism and special needs to develop life skills to live a rich and satisfying life. These skills also help with the individual's self-esteem, self-awareness and sense of responsibility. With life skills, adults with Special Needs are more likely to develop relationships with others and with the community, maintain a job and/or go to school, and maintain their well-being.

This workbook will help adults to work and develop:

- Practical living skills • Personal care • Job skills • Personal safety • Social skills • Safety awareness
- Self-determination and advocacy • Consolidating independence • And much more

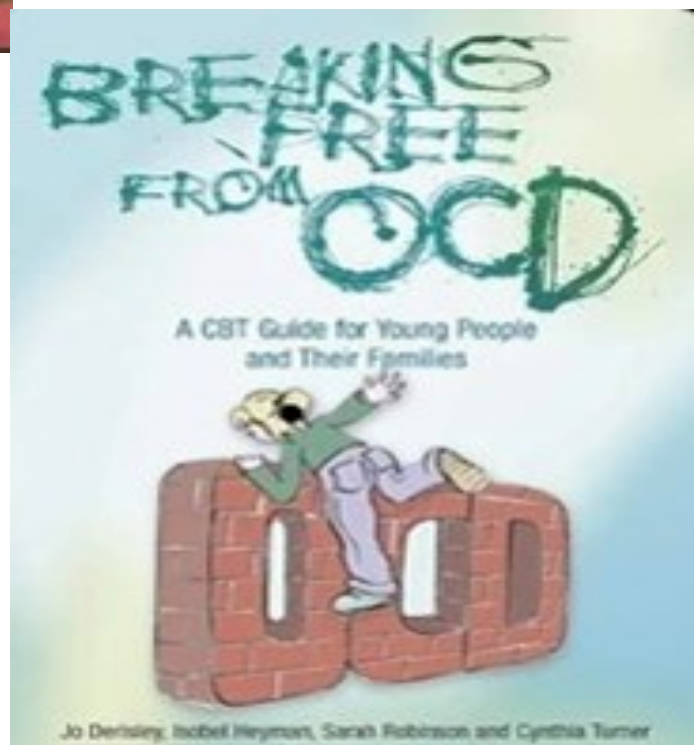






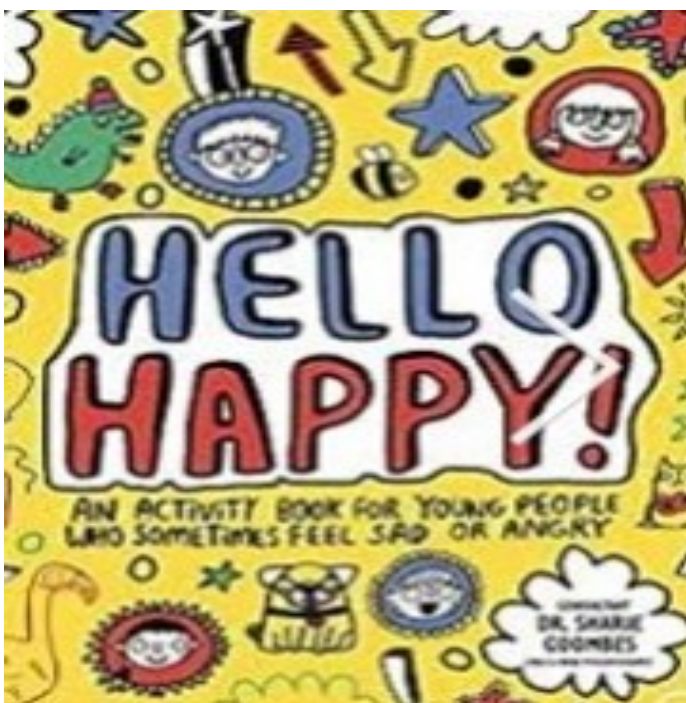
Most children with obsessive-compulsive disorder (OCD) are diagnosed between the ages of ten and twelve-right on the cusp of their adolescent years. Yet, until now, there have been no resources available for the substantial population of teens suffering with the unwanted thoughts (obsessions) and rituals (compulsions) characteristic of OCD. The activities in this book help teens and parents work together to assess the severity of the symptoms and offer teens cognitive behavioural skills to overcome them.

This self-help book for young people is an invaluable resource for adolescents who have suffered from, or know someone who has suffered from, OCD, their families, teachers, carers, and mental health professionals .



The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing.

Featuring the charming and quirky illustrations of Katie Abey, a UK-based illustrator. Her quirky pictures will keep the reader entertained and focused as they work through the book, or simply dip into the pages for ten minutes of calm colouring

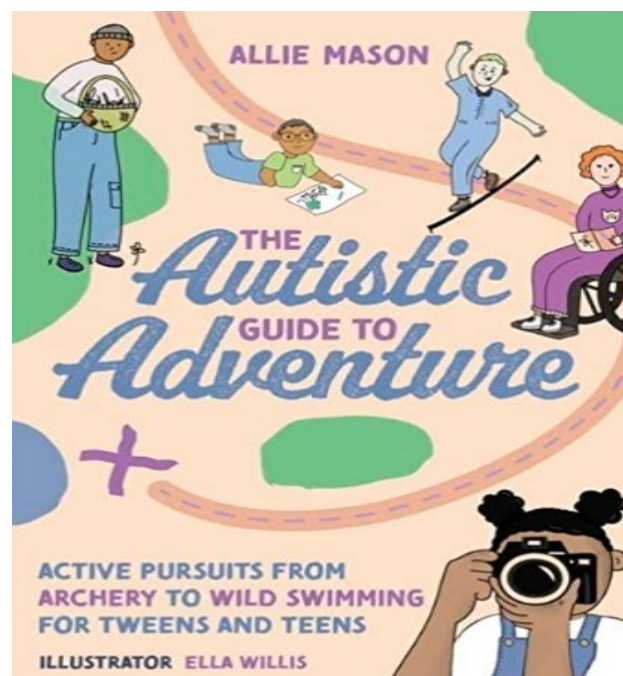


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Outdoor adventuring can be life changing - it makes you physically and mentally stronger, takes you to new places and introduces you to new friends, as well as being an exhilarating challenge - but it can be stressful when there are unexpected social and sensory challenges involved. Allie Mason, autistic adventurer extraordinaire, is here to help.

Join Allie as she introduces activities ranging from archery to stargazing, sailing to fossil hunting, snorkelling to nature-writing - and so much more. Each easily digestible factsheet comes with a short introduction, a summary of the sensory experiences involved, suggestions on approaching activities for when you're just getting started, as well as a handy budgeting system.

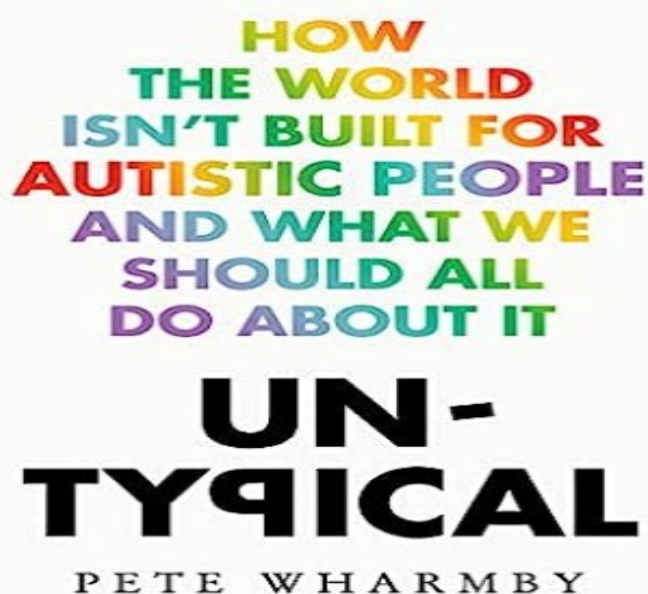
With personal anecdotes and interviews with awesome autistic athletes, this book will give you the support you need to take on the great outdoors.



It's time to remake the world – the groundbreaking book on what steps we should all be taking for the autistic people in our lives.

In *Untypical*, Pete Wharmby lays bare the experience of being 'different', explaining with wit and warmth just how exhausting it is to fit in to a world not designed for you.

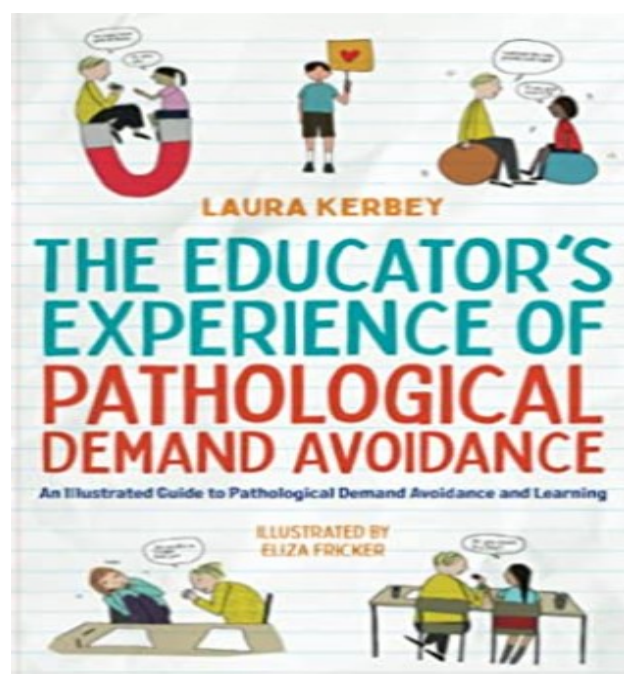
But this book is more than an explanation. After a late diagnosis and a lifetime of 'masking', Pete is the perfect interlocutor to explain how our two worlds can meet, and what we can do for the many autistic people in our schools, workplaces and lives. The result: a practical handbook for all of us to make the world a simpler, better place for autistic people to navigate, and a call to arms for anyone who believes in an inclusive society and wants to be part of the solution.



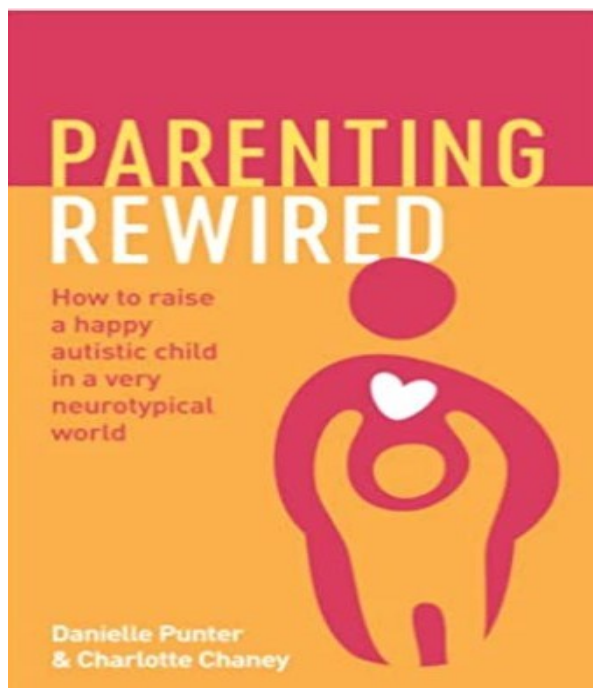
During Laura Kerbey's time teaching autistic children, she had a sudden realisation that those with Pathological Demand Avoidance (PDA) are children like no other! None of her tried and tested autism strategies would work or help ..... wondering, *what am I doing wrong?*

*If you feel the same, this short, easy-to-read guide is here to teach you much of what you need to know from one educator to another. With an introduction to what PDA is followed by PDA tailored advice on how to connect with your student and create an autonomous, spontaneous environment that is personalised for you both, this guide is here to ensure that you and your PDA student thrive!*

*This go-to-guide contains information you need to start implementing PDA friendly learning to help you connect with your student and support their learning experience.*







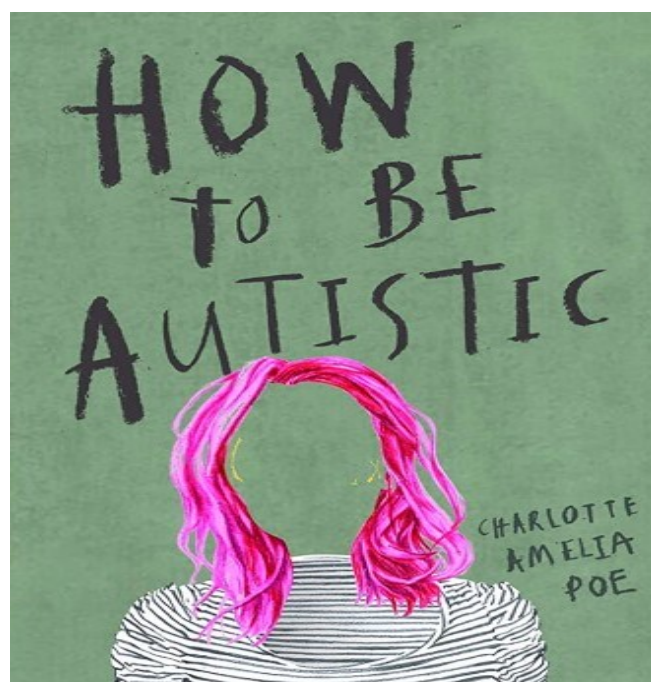
Packed with lived-experience insight and easy-to-follow advice this transformative guide will change how you view the behaviour of your autistic child and challenge you to rewire your thinking to see the world through the autistic lens. This guide challenges the common misunderstandings surrounding autistic behaviour, such as emotional dysregulation in public settings or meltdowns at mealtimes. Parents and carers will be given a deeper understanding of why your child behaves the way they do and how a change in your parenting approach is key to relax and resolve difficult situations. This book gives you all the tools you need to not only parent your autistic child, but also to understand them.

With tips on how to support and interpret emotional dysregulation, meltdowns, food aversions and much more, you will learn how to see the world through your child's eyes, using communication techniques that will help you and your child thrive.

Poe's voice is confident, moving and often funny, as they reveal to us a very personal account of autism, mental illness, gender and sexual identity.

This book shows the side of autism that you don't find in books and on Facebook. My story is about survival, fear and, finally, hope. There will be parts that make you want to cover your eyes, but I beg you to read on, because if I can change just one person's perceptions, if I can help one person with autism feel like they're less alone, then this will all be worth it.'

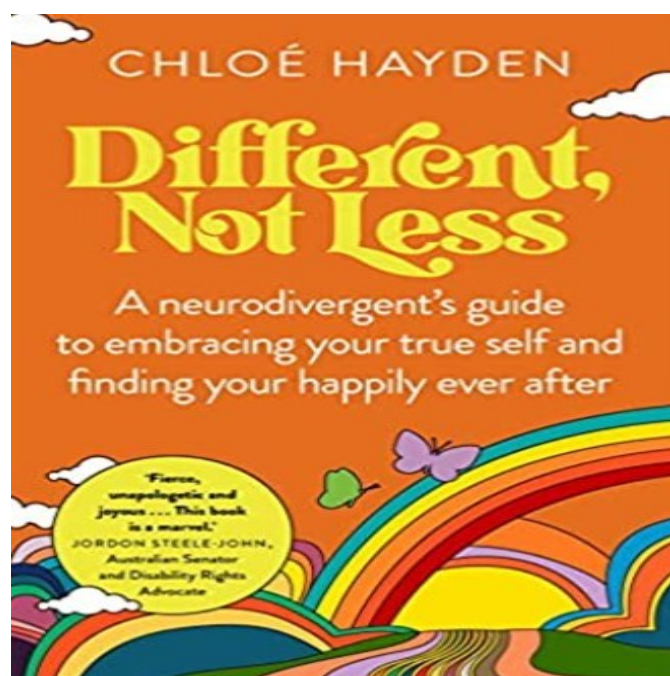
Punctuated by their poetry, this is an exuberant, inspiring, life-changing insight into autism from a viewpoint almost entirely missing from public discussion.



**Heartbreak High star (Netflix) Chloé Hayden's book, *Different, Not Less* is a celebration of what it means to be neurodivergent**

**This is a moving, at times funny story of how it feels to be neurodivergent as well as a practical guide, with advice for living with meltdowns and shutdowns, tips for finding supportive communities and much more.**

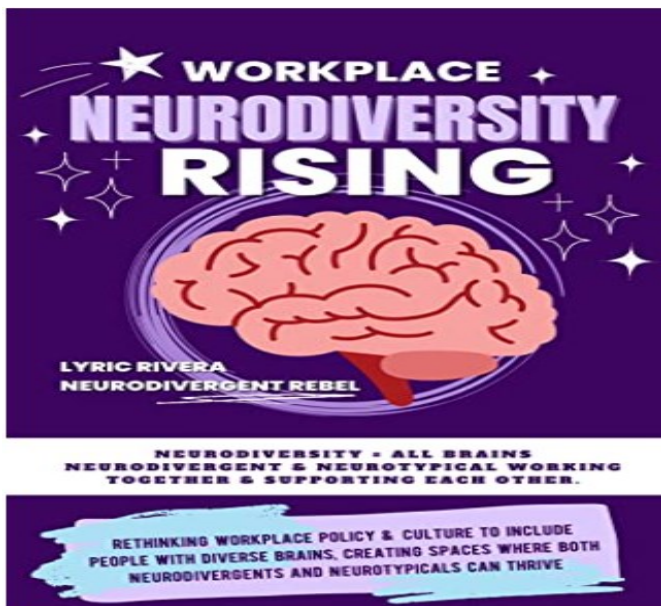
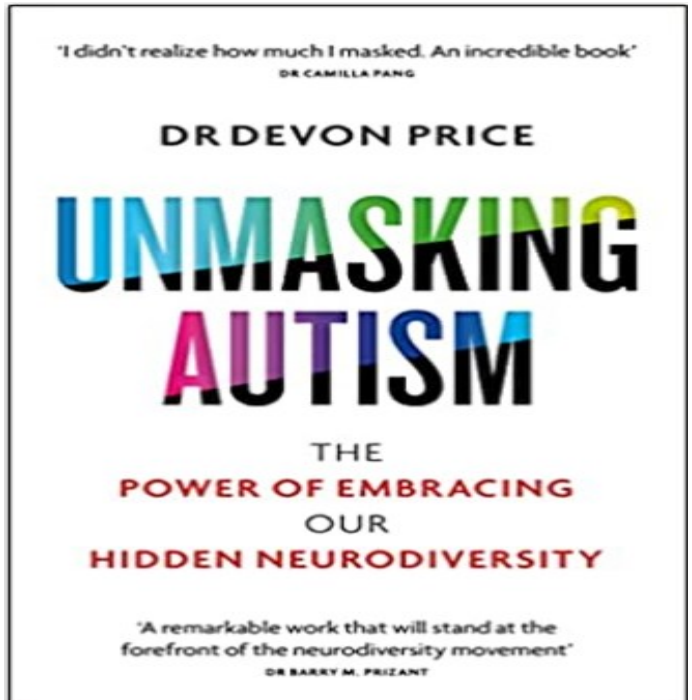
Whether you're neurodivergent or supporting those who are, *Different, Not Less* will inspire you to create a more inclusive world where everyone feels like they belong.





A deep dive into the spectrum of Autistic experience and the phenomenon of masked Autism, giving individuals the tools to safely uncover their true selves while broadening society's narrow understanding of neurodiversity.

In *Unmasking Autism*, Dr. Devon Price shares his personal experience with masking and blends history, social science research, prescriptions, and personal profiles to tell a story of neurodivergence that has thus far been dominated by those on the outside looking in. Autism is a deep source of uniqueness and beauty. Unfortunately, living in a neurotypical world means it can also be a source of incredible alienation and pain. Most masked Autistic individuals struggle for decades before discovering who they truly are. Dr. Price lays the groundwork for unmasking and offers exercises that encourage self-expression.



Having a supportive environment can be the difference between employee success and failure. When we support the diverse minds within an organization, everyone on the team benefits (because much of what is necessary for NeuroDivergent success, will benefit everyone in a company).

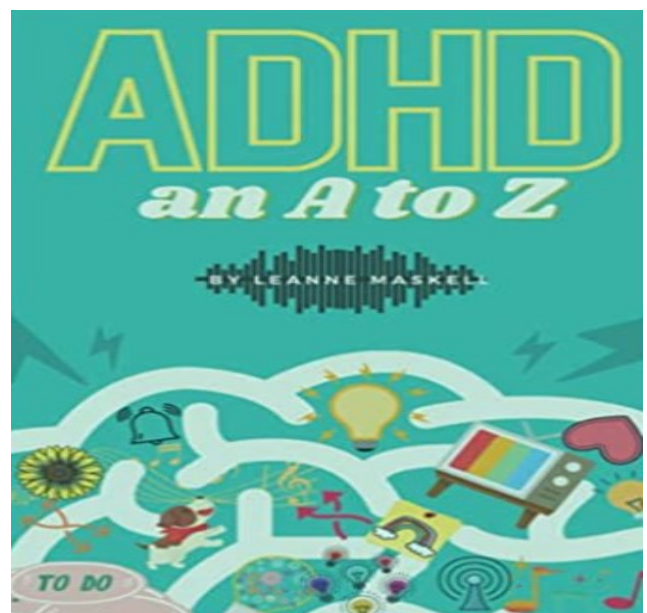
That's why I've written this handy guide for you, to help empower other people and organizations to consider what they can do to support NeuroDivergent employees.

This book is designed to be read front to back, but is also organized in sections, to allow you to skip to your organisation's specific problem areas (since every organization is unique). I've also included a handy glossary of terms at the back of this book.

\*\*\*LIMITED EDITION: this book has been acquired by Hachette / Jessica Kingsley Publishers & will soon be removed from sale as it is revised for re-publication in November 2021.\*\*\*

I wrote this book because it is what I needed when I was trying to navigate the complicated world of ADHD - in other words, a clear and practical guide on all aspects of how it can affect our lives. The internet has an overload of information, but it's not accessible and can leave you even more confused - this does the opposite.

It provides practical tools, exercises and information you need.



# Autism Spectrum Disorder, Developmental Disabilities, and the Criminal Justice System

## Breaking the Cycle

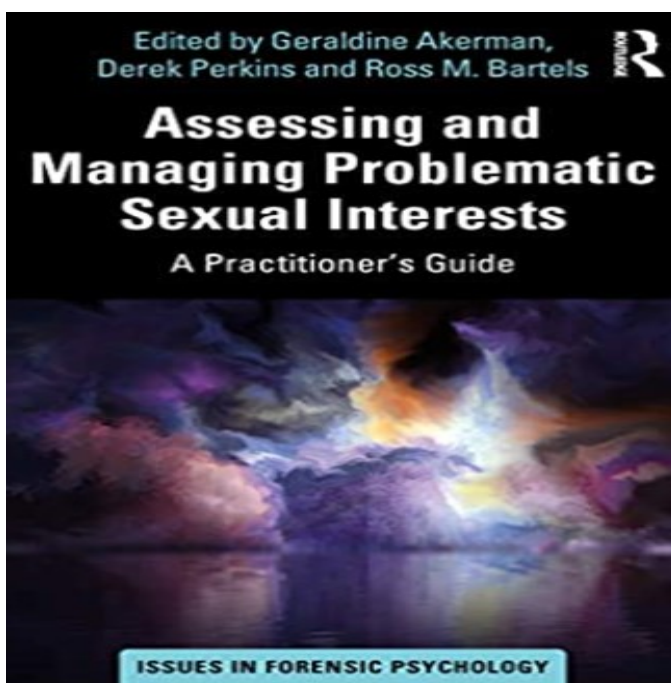
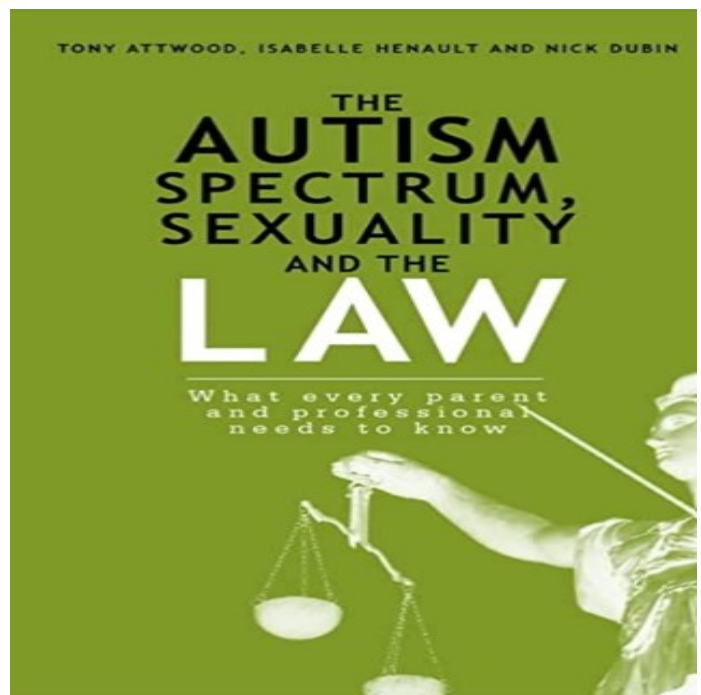


Nick Dubin Foreword by Clare Allely

This book examines how the ASD profile typically affects sexuality and how sexual development differs between the general population and those with ASD. It explains the legalities of sexual behaviour, how laws differ from country to country, and the possibility for adjustment of existing laws as they are applied to the ASD population. With advice on how to help people with autism spectrum disorder gain a better understanding of sexuality and a comprehensive list of resources, the book highlights the need for a more informed societal approach to the psychosexual development of people with ASD. A ground-breaking and honest account, this book will be an invaluable addition to the shelves of parents of children with ASD, mental health and legal professionals, teachers, carers and other professionals working with individuals on the spectrum

For autistic people who find themselves facing a criminal charge, understanding how the features of autism may have contributed to their behaviour can be vital context for their defence. In this insightful book, Nick Dubin explores how and why autistic people get caught up in the criminal justice system. He delves into what steps can be taken to prevent autistic people committing crimes and what should be done to ensure their fair and appropriate treatment if they are charged with a crime. It covers everything from prevention to the aftermath of sentencing, including available counselling and therapy.

Nick's personal experience and meticulous research shows that criminal justice can be an oppressive system that misunderstands and stigmatizes autistic people, especially low-risk individuals and those with less criminal responsibility

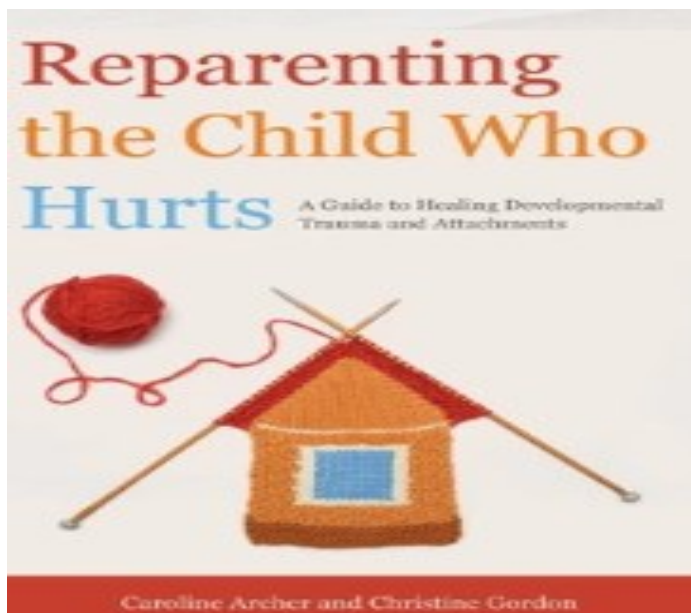
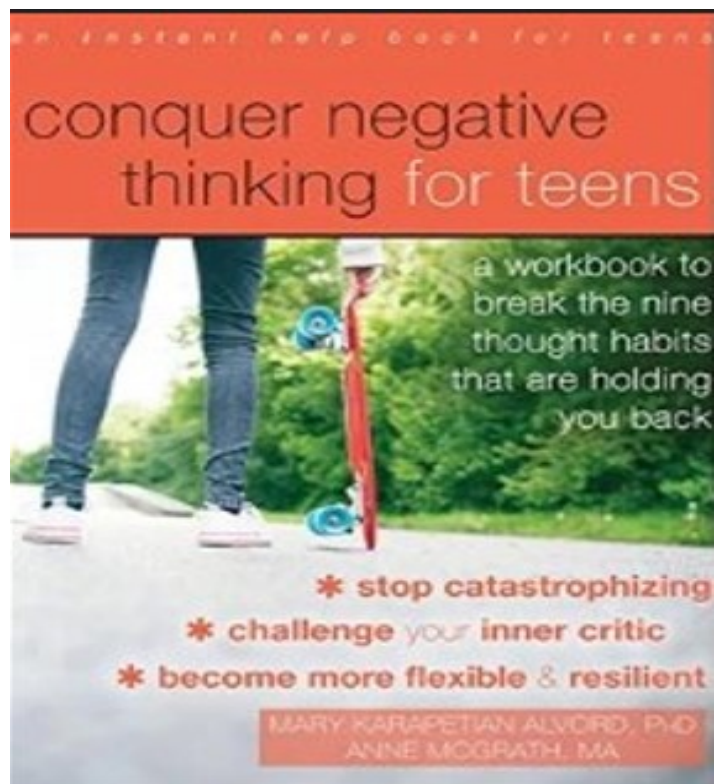


This unique guide presents a detailed analysis of deviant sexual interest. Part I, 'Assessment,' overviews the range of sexual interests and fantasies in men and women. Part II, 'Management,' investigates the cutting-edge tools, approaches, interventions, and treatment advances used in a variety of settings to control deviant sexual interest. In Part III, 'Approaches to assessment and management,' the authors consider how females with sexual convictions can be assessed and how offence paralleling behaviour can be used for assessment and treatment. Throughout, *Assessing and Managing Problematic Sexual Interests* offers necessary perspectives and emerging research from international experts at the forefront of this field.



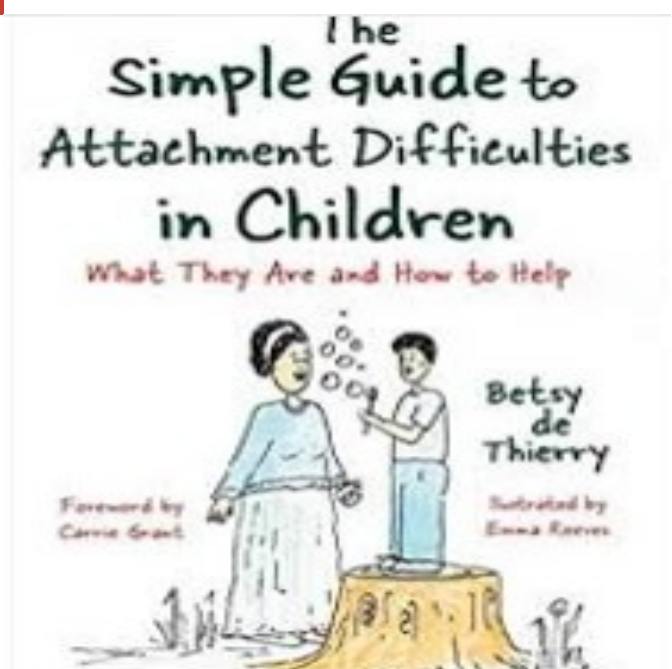
This workbook offers a powerful technique called *cognitive restructuring* to help you reframe your thoughts, regulate your emotions, become a more flexible thinker, and stop letting your thoughts define who you are and how you feel. You'll learn to target the nine specific kinds of negative thinking habits that can cause you to worry or feel bad, such as the *I can't* habit, the *doom and gloom* habit, the *all or nothing* habit, the *jumping to conclusions* habit, and more!

Each chapter will walk you through simple explanations of each kind of negative thought, and offers real-life examples-as well as the sorts of behaviors, emotions, and bodily sensations that might be expected. You'll also gain an understanding of unhelpful or unrealistic thoughts, how to challenge them, how to replace them with more realistic and helpful thoughts, and an action plan for moving forward.

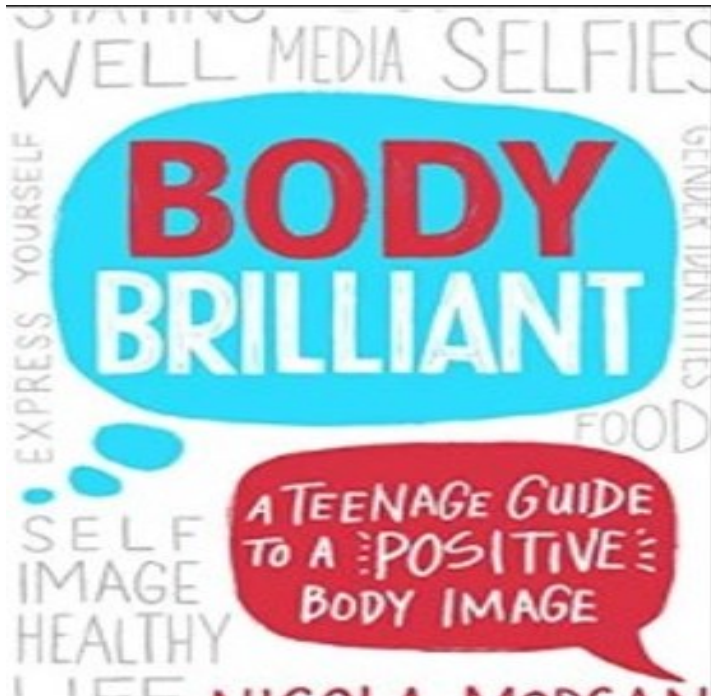


Reparenting the Child Who Hurts is a humane, no-nonsense survival guide for any parent caring for a child with developmental trauma or attachment difficulties, and will also provide information and insights for social workers, teachers, counsellors and other professionals involved in supporting adoptive and foster families.

What are attachment difficulties? · How do they affect children? · How can you help? This book provides clear and concise answers to these important questions - and more. Much more than just a simple introduction to the subject of attachment, the book is also full of advice and practical ideas you can try. It tackles some challenging questions, such as 'what is the difference between trauma and attachment?', and explains how having an understanding of attachment is only part of the overall picture when it comes to caring for traumatized children. It is an essential read for any adult parenting or caring for a child who has experienced attachment difficulties.



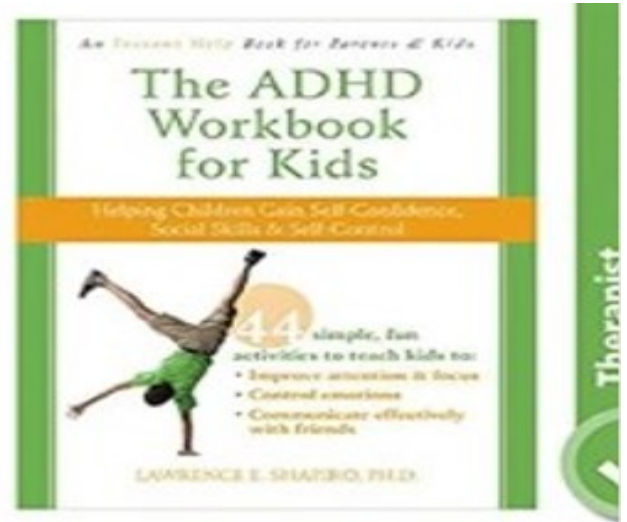
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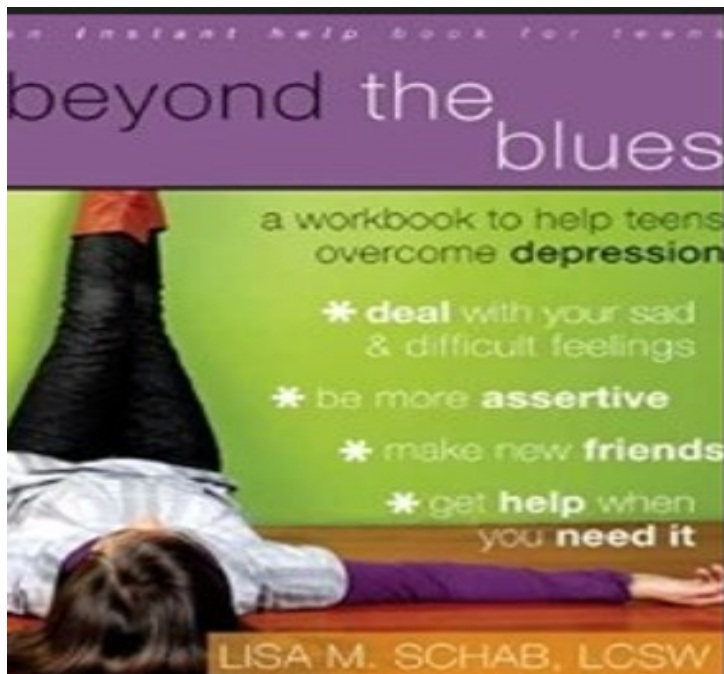
'Body Brilliant' explores psychological pressures that make us see our bodies in certain ways, positively or negatively, as well as considering how adolescent body changes, gender identity and gender expectations, sexuality and sexual orientation affect self-image, and looks at issues such as body dysmorphia and eating disorders.

'Body Brilliant' also encourages you to think about how you view differences in others and understand that variety is a brilliant thing. And that being yourself is much better than being just like everyone else. Learn to celebrate the differences that make *every body brilliant!*

This workbook includes more than forty activities for kids developed by child psychologist Lawrence Shapiro that can help your child with ADHD handle everyday tasks, make friends, and build self-esteem while he or she learns to overcome the most challenging aspects of the disorder. Alone or with your help, your child can complete one ten-minute activity each day to learn how to make good decisions and discover easy techniques for staying focused when it's time to pay attention.



## ADHD Workbook for Kids



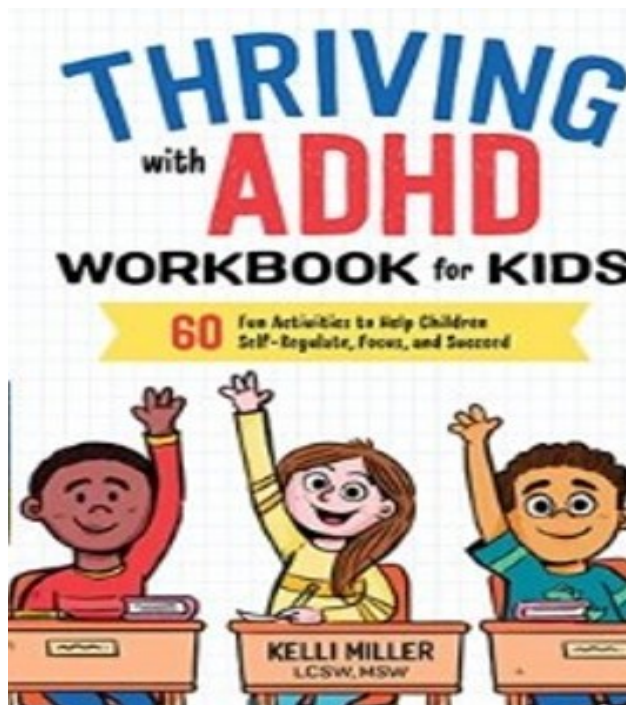
Despite what you might have been told, the feelings of sadness and hopelessness you may be struggling with are probably not "just a phase" or "something you'll grow out of." As many as 20 percent of people your age have symptoms of serious depression, yet many teens and even many adults don't recognize the signs. Only half of depressed teens get the help they need to overcome these feelings. If you're feeling depressed, this workbook offers things you can do, both on your own and with a counselor, to feel better.

The activities in **Beyond the Blues** can help you cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. Little by little and on your own schedule, you can make small changes in your life that will lead you to a brighter, more enjoyable future.



This ADHD workbook for kids includes:

- **An overview of ADHD**--Teach your child about common symptoms, different ADHD types, and how ADHD can be an advantage.
  - **Skill-building exercises**--Establish key executive functioning skills, like dealing with anger and frustration, staying focused, controlling impulses, and communicating effectively.
  - **Action-oriented learning**--Help kids thrive in their daily lives with fun lessons for creating a morning routine, making a homework chart, expressing themselves when they're upset, and more.
- Show your child how to harness their unique gifts and live life to the fullest with their ADHD--this practical workbook will help guide the way.



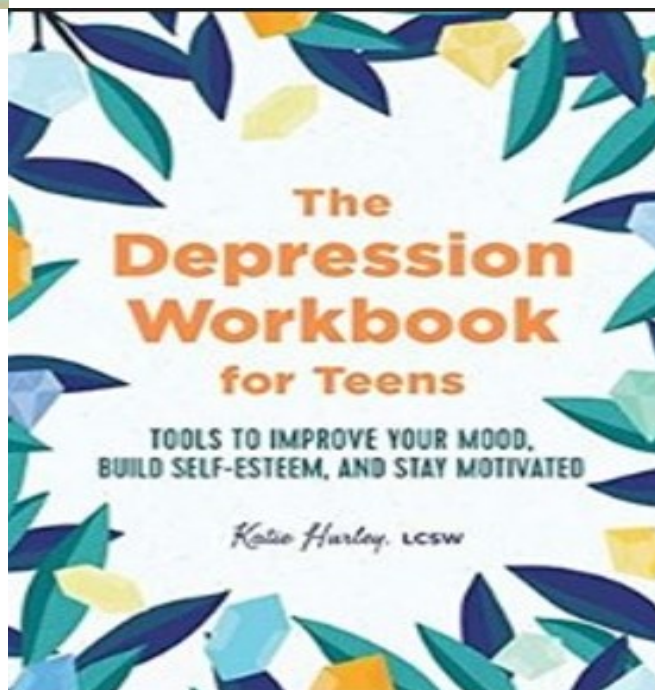
Written by a paediatrician and based in proven-effective mindfulness techniques, this book will help you and your child with attention deficit/hyperactivity disorder (ADHD) stay calm and in the present moment. If you are a parent of a child with attention deficit/hyperactivity disorder (ADHD), you probably face many unique daily challenges. Kids with ADHD are often inattentive, hyperactive, and impulsive-and as a result, you might become frustrated or stressed out. In this book, a paediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while living more fully in the present moment. In the book, Mark Bertin, addresses the various symptoms of ADHD using non-technical language and a user-friendly format.

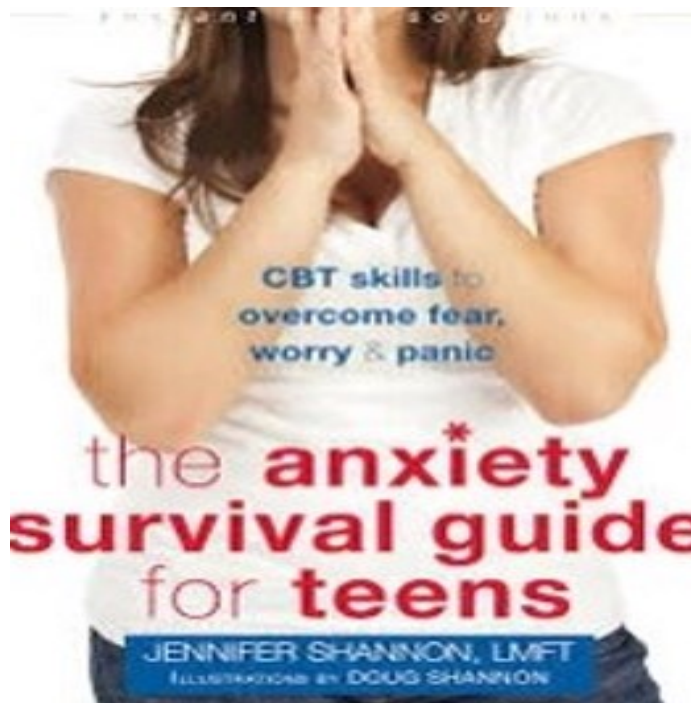


*The Depression Workbook for Teens includes:*

- **Advice for teens**—Tackle your depression head-on using strategies written with your unique needs and time constraints in mind.
- **Useful tools**—With quizzes, journaling prompts, conversation starters, and more, you'll discover simple skill-building exercises that improve your mood and build your self-esteem.
- **Practical problem solving**—Find ways to work through the challenges you're facing, like fighting with your parents, getting up in the morning, struggling with homework, and more.

*The Depression Workbook for Teens gives you the helping hand you need to get through this difficult time.*





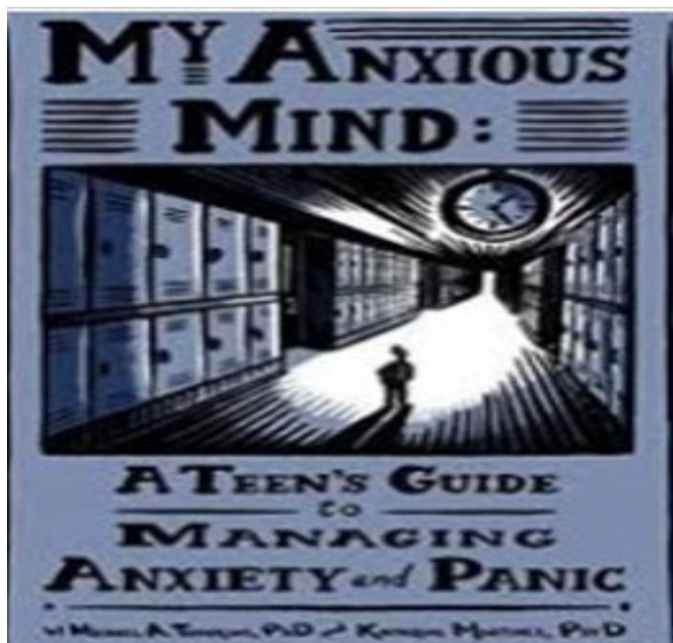
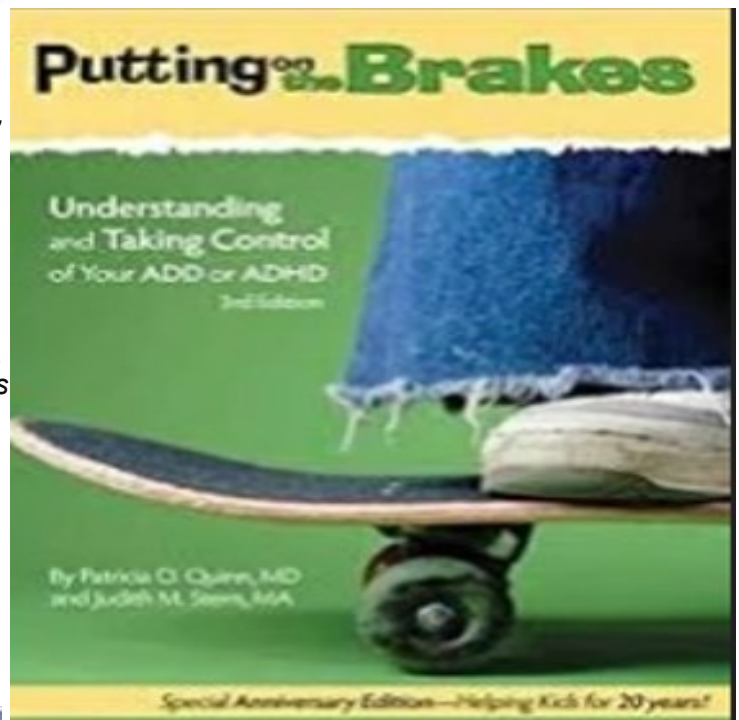
Based in cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your "monkey mind"-the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.

If you're ready to feel more independent, more confident, and be your best, this unique book will show you how.

Now in its 20th year of publication, *Putting on the Brakes* remains the essential go-to resource for kids, parents, and professionals looking for tips and techniques on managing attention disorders.

This third edition is updated and revised throughout with the latest info, resources, medication types, and glossary terms on ADHD. Written by two nationally recognized ADHD experts, *Putting on the Brakes* is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy.

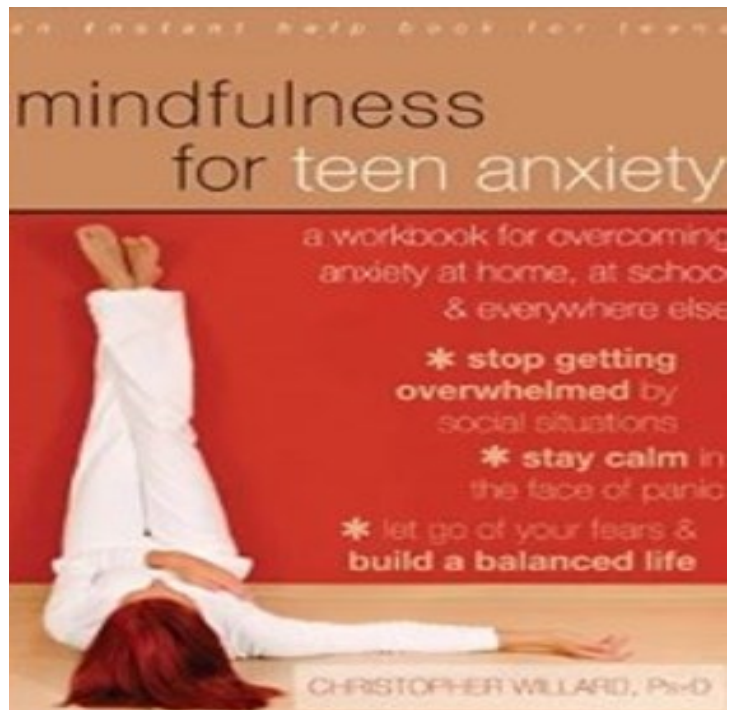
This book gives kids with ADHD the tools for success in and out of school and helps them to feel empowered to be the best they can be!



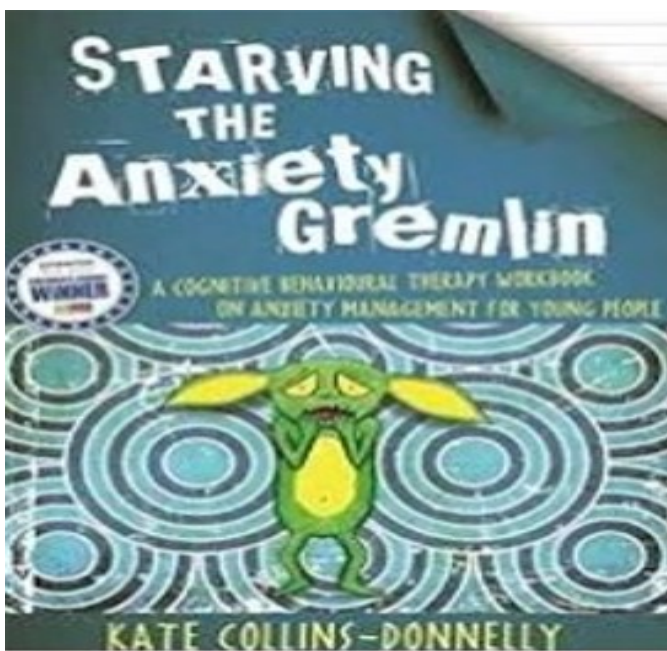
Anxiety can make everything seem unmanageable - from dealing with family and friends to managing schoolwork and extracurricular activities. It's been estimated that between nine and 15 million teens in the United States suffer from phobias, panic attacks, or extreme worry or anxiety. That's a lot of teens! "My Anxious Mind" helps teens take control of their anxious feelings by providing cognitive - behavioral strategies to tackle anxiety head-on and to feel more confident and empowered in the process. "My Anxious Mind" also offers ways for teens with anxiety to improve their inter-personal skills, whether it be with friends, family, or teachers; manage stress; handle panic attacks; use diet and exercise appropriately; and decide whether medication is right for them



In this second edition of *Mindfulness for Teen Anxiety*, psychologist and learning specialist Christopher Willard offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating, social media, or school performance), learn valuable time-management skills, and feel more calm at home, in school, and with friends. You'll learn doable skills for dealing with specific situations that cause anxiety, such as public speaking, taking tests, meeting new people, and more. You'll also discover special breathing exercises to help you stay calm in moments of panic, and guided visualization exercises to be cool and collected, even in the tensest situations. If you are ready to move past your anxiety, panic, and worry and start being your best, this workbook will be your guide—every step of the way.

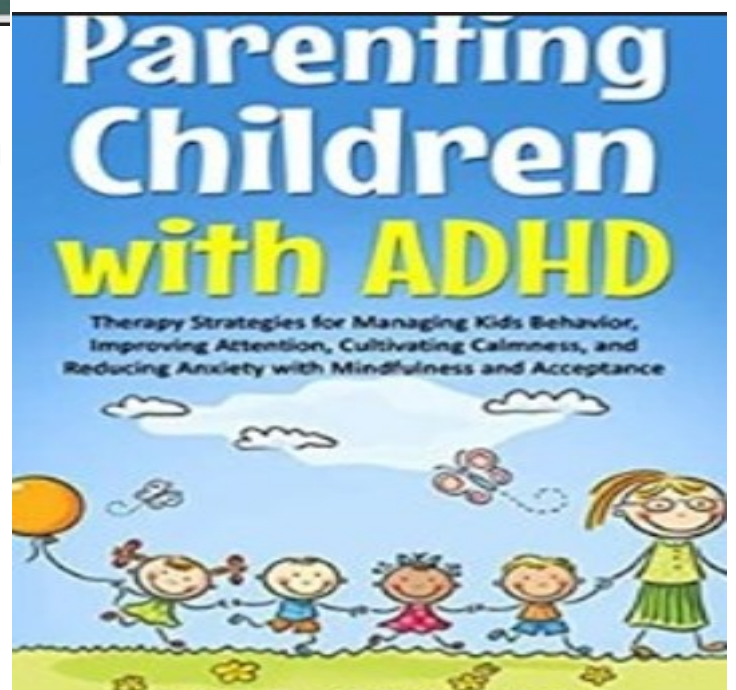


The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. *Starving the Anxiety Gremlin* is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner.

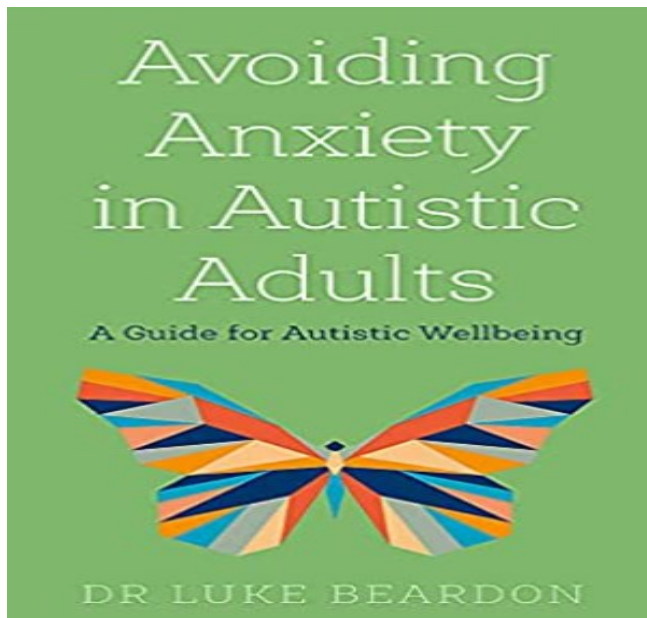


Here's what you'll discover inside this detailed guide:

- Understanding ADHD – What Does it Mean, and How is it Treated
- What to Do When Your Child is First Diagnosed
- A Breakdown of ADHD Behavior – Everything You Need to Know
- How You're Actually *Reinforcing Negative Behavior Without Even Knowing it*
- Five Subtle Reinforcements Which Impact ADHD Behavior
- Tricks for Teaching Your Child Self-Care
- How to Manage ADHD Behavior At (and Away From) Home
- Adjusting Your Child for The World of School
- And So Much More



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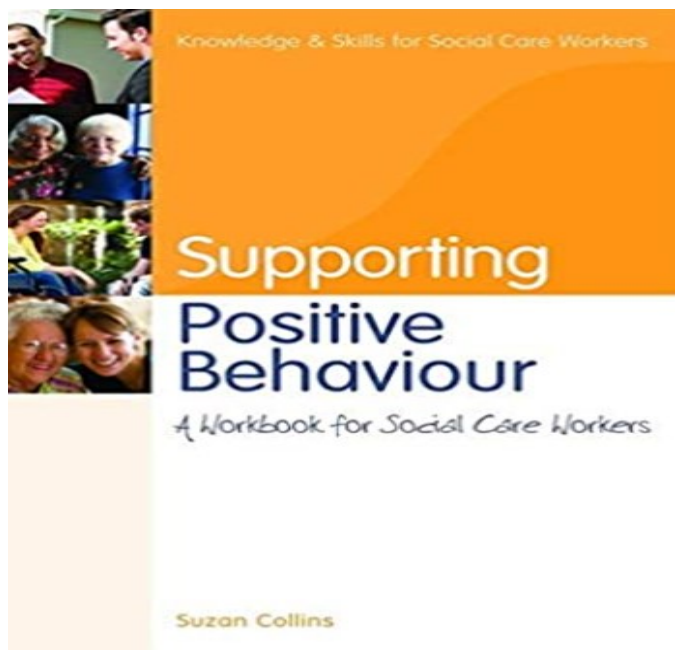


Dr Luke Beardon has put together an optimistic, upbeat and readable guide that will be essential reading not just for any autistic adult, but for anyone who loves, lives with or works with an autistic person. Emphasising that autism is not behaviour, but at the same time acknowledging that there are risks of increased anxiety specific to autism, this practical book gives clear strategies that the autistic person can adopt to minimise their anxiety and live comfortably in a world full of what may seem to be noise and chaos.

At the same time, *Avoiding Anxiety in Autistic Adults* this book gives clear guidelines and mission statements to those who live or work with autistic people that they, too, can implement to accommodate needs that are different to their own, taking a radical new step towards a genuinely inclusive world in which autistic people don't just survive, but in which they thrive

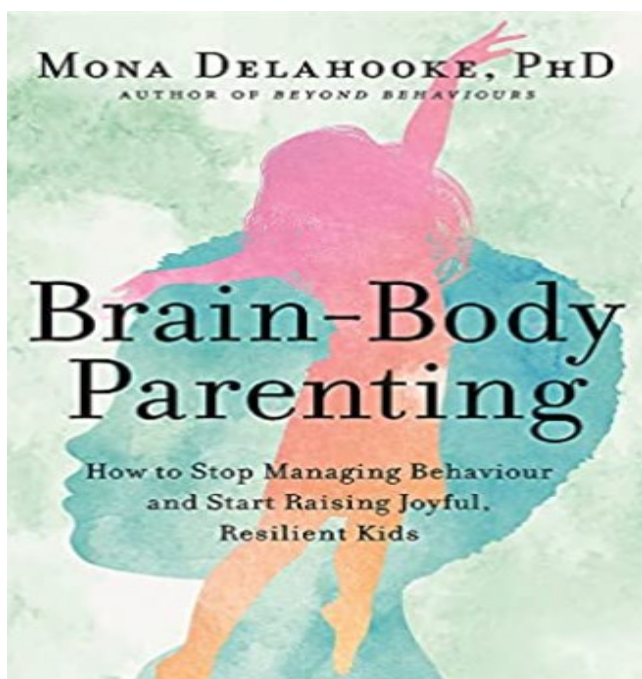
This workbook is a valuable source of guidance for any social care worker keen to improve their practice, and represents a cost-effective way for managers or trainers in residential and domiciliary settings to train staff. The Knowledge and Skills for Social Care Workers Series features accessible and interactive open learning workbooks which tackle a range of key subjects relevant to people working with adults in residential or domiciliary settings. Topics covered in this series include how social care workers can communicate effectively, health and safety, safeguarding adults from harm and abuse and supporting relationships and friendships.

This interactive workbook will help staff to understand appropriate interventions, how to monitor and record challenging behavior and implement strategies that will reduce the behaviors over time. The book is appropriate for all staff supporting people with mental health needs, people with a learning or physical disability, older people and people with dementia.



Over her decades as a clinical psychologist, this author has helped countless distraught parents who struggle to manage their children's challenging behaviours. These families are understandably focused on correcting or improving a child's lack of compliance, emotional outbursts, tantrums and other 'out of control' behaviour. But behaviour, no matter how challenging, is not the problem but a symptom; a clue about what is happening in a child's unique physiological makeup.

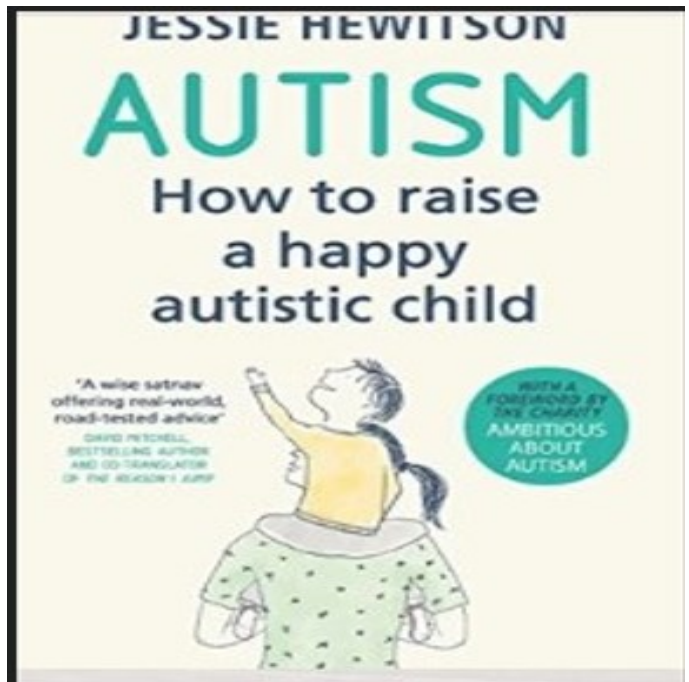
When we begin to understand the biology beneath the behaviour, suggests the author, we give our children the resources they need to grow and thrive, and we give ourselves the gift of a happier, more connected relationship with them. *Brain-Body Parenting* empowers parents with tools to help their children develop self-regulation skills, while also encouraging parental self-care. The result is a deeper understanding of your child, encouraging calmer behaviour, more harmonious family dynamics, and increased resilience.



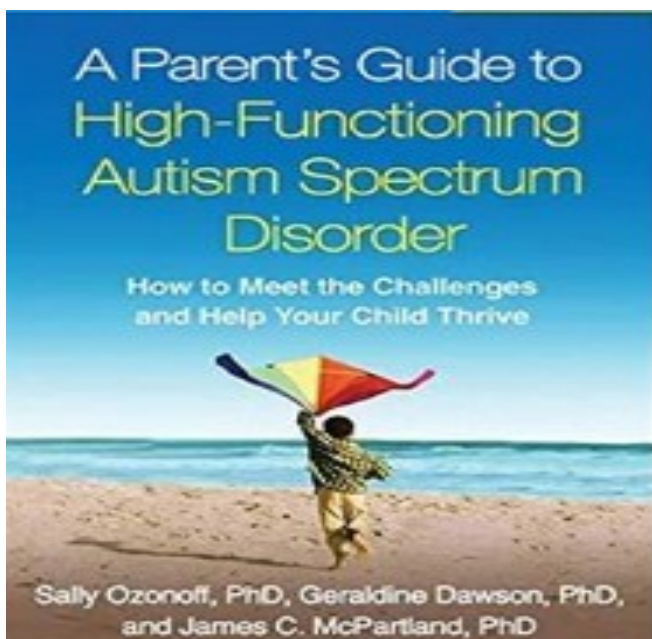


'A wise Sat-Nav for what is often a bewildering, or even scary, zone of parenting. The book offers real-world, road-tested, child-first and family-friendly advice; while also highlighting the twin truths that autism is not a tragedy, and that adaptation and acceptance are not resignation' David Mitchell, best-selling author and co-translator of *The Reason I Jump*

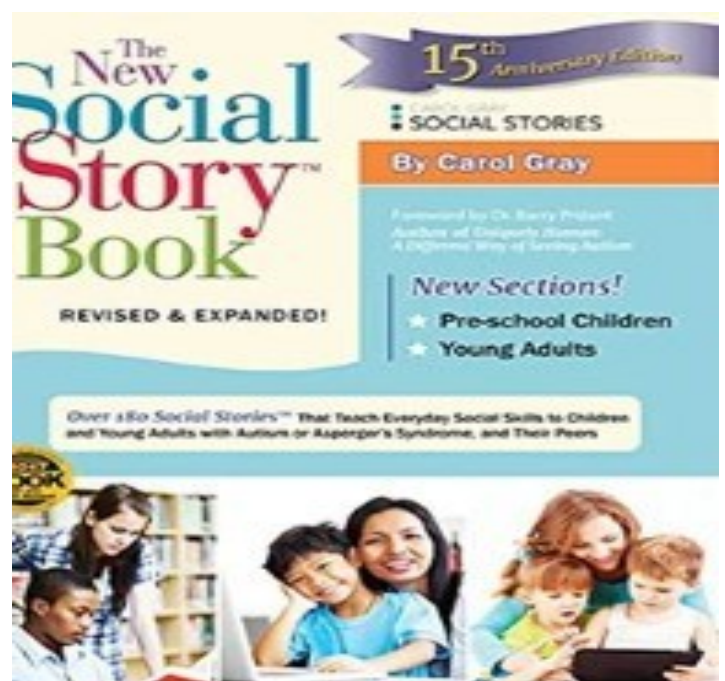
'It is incredibly useful and informative, full of new research and interviews that put right an awful lot of misinformation. I cannot recommend this highly enough' *The Sun*

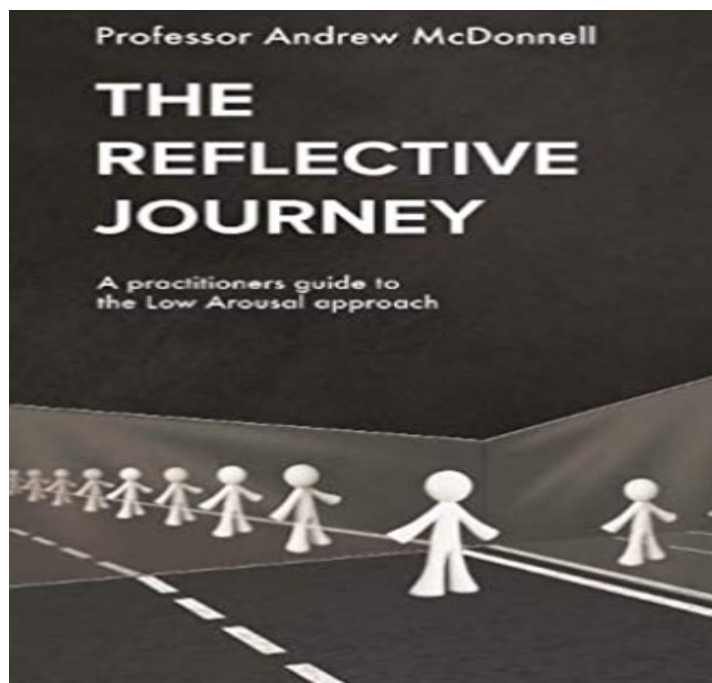


"Packed with real-life stories and everyday problem-solving ideas, this book has given many tens of thousands of parents the facts they need about high-functioning autism spectrum disorder (ASD), including Asperger syndrome. The authors are leading experts who describe ways to work with these kids' unique impairments and capabilities so they can grow into happy, self-sufficient adults. Parents learn practical strategies for helping their son or daughter relate more comfortably to peers, learn the rules of appropriate behavior, and succeed in school. The book also discusses what scientists currently know about ASD and how it is diagnosed, as well as what treatments and educational supports have been shown to work. Updated with the latest research, resources, and clinical strategies, the second edition clearly explains the diagnostic changes in DSM-5"



Since the early 90s, Carol Gray's world-famous Social Stories have helped thousands of children with autism spectrum disorders. This 15th Anniversary Edition of her best-selling book offers ready-to-use stories that parents and educators have depended on for years, and new sections added are: How to most effectively use and apply the stories; How to improve the lives of younger children; and Social Stories for teens and adults with autism. Developed through years of experience, these strategically written stories explain social situations in ways children and adults with autism understand, while teaching social skills needed for them to be successful at home, school, work, and in the community.

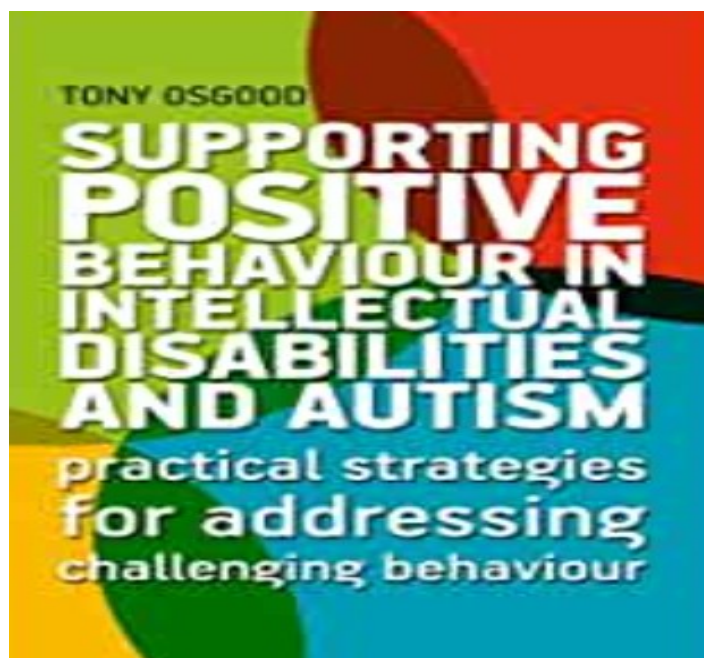




In this unique book, international trainer and consultant Lisa Cherry invites professionals from education, social work and healthcare to engage in conversations on a range of pertinent topics and issues affecting children and young people today.

Divided into three main parts, which introduce attachment, adversity and trauma, each discussion places an emphasis on emotion and the understanding that we have as humans for compassion, empathy and connection.

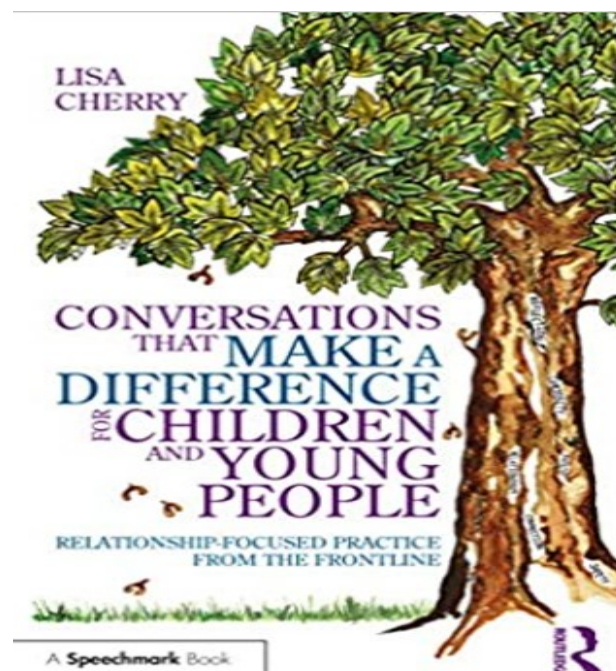
This book is a call to action and an opportunity to look around and decide what kind of service we want to provide, what kind of community we want to live in and what sort of legacy we want to leave. At a time of ever-present social and political challenges, this book will stimulate conversations on current practice and professional development for the future and is a must-read for everyone working with children and young people



Aimed at practitioners who have to understand and deal with behaviours which challenge them.

That said, it is a very useful book for anyone to read to understand their response to challenging situations in life and within their own families. The essence of the Low Arousal approach is that the behaviour e.g. raised voice or invasion of space, emotional state and response of other people either adds to or reduces the challenge and that it is crucial for this to be recognised and to modify their actions when dealing with behaviours which they find challenging.

Moving away from the historic practice of viewing behaviours of an individual in isolation. Irrespective of ones role, it is worthy of a read and reflection on ones practice.

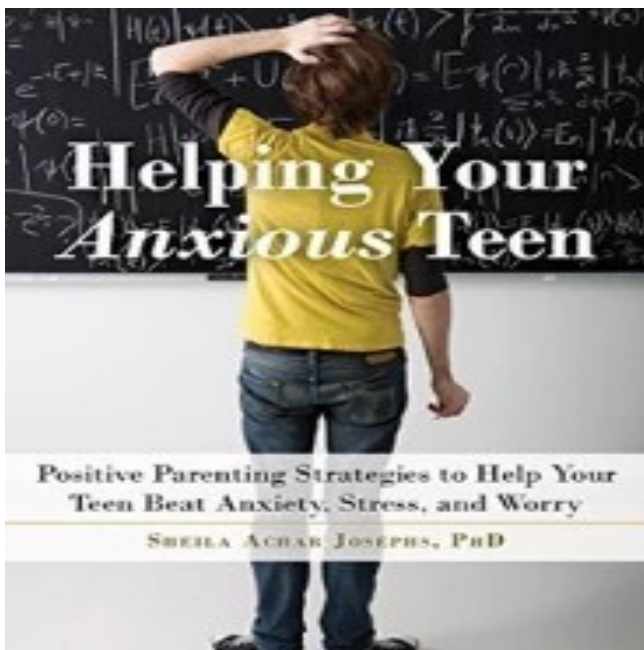


This highly practical book is an accessible and grounded handbook for addressing challenging behaviour in children and adults with intellectual or developmental disabilities (IDD), including autism. It recognises that challenging behaviour does not appear out of nowhere and is meaningful for the person exhibiting it. Each chapter features questions for discussion or reflection and exercises for the reader to complete.

Informal, frank and free of jargon, this is indispensable for professionals, parents, and anyone working with people with intellectual disability or autism.



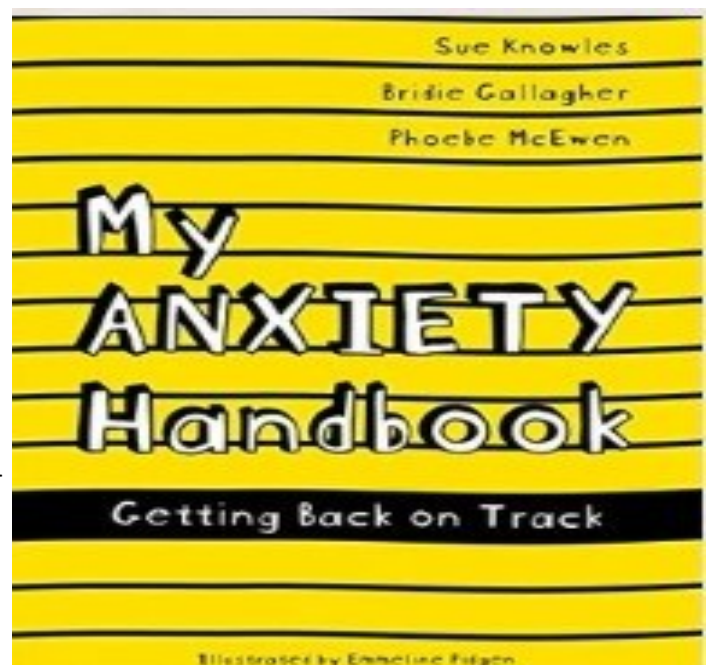
A MINDFUL KIDS activity book for young people to colour and doodle their way to being happy, calm and confident. Use creativity to combat stressful moments, workout worries, and put anxiety back in its place with the writing and drawing activities



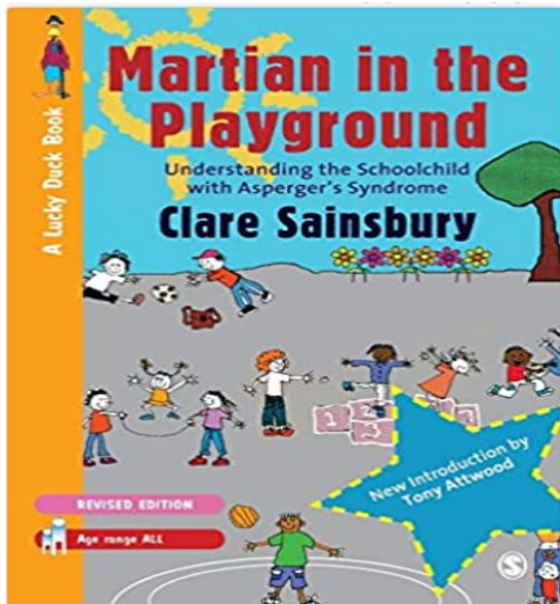
Parenting a teen isn't easy, but parenting an anxious teen is especially challenging. Written by a psychologist and expert on adolescent anxiety, this essential book will show you what really works to overcome all types of teen anxiety and how to apply specific skills to support your teen.

Most parents find it frustrating when common sense and logical methods such as reassurance don't seem to work to allay their teen's anxiety. They want to know: Why is anxiety so hard to get rid of once it takes hold? Why aren't my efforts to help working? And how can I best help my teen break free from anxiety to become happy and resilient?

Showing that anxiety is a normal human emotion that many people face, this book helps young people understand the ins and outs of their own anxiety and helps them to challenge the difficult patterns they may get into. Co-written with a college student who has experienced anxiety herself, it is a relatable and straightforward guide. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from young people who have managed their symptoms successfully.



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It reminds us that many of the autistic mannerisms we might try to suppress actually help the child to think.

It challenges the way we might handle obsessional behaviour. Provides experienced insights that take us beyond the standard guidance on how to manage autistic spectrum disorder.

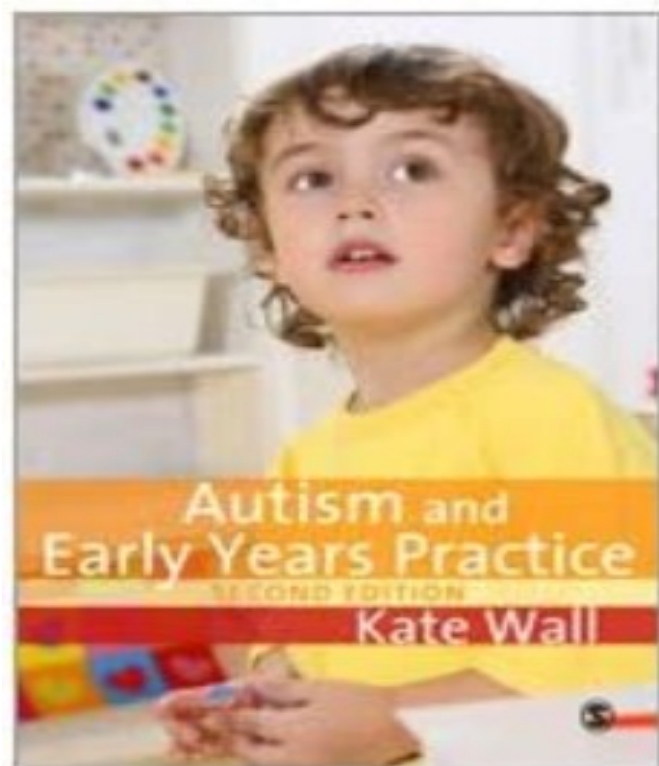
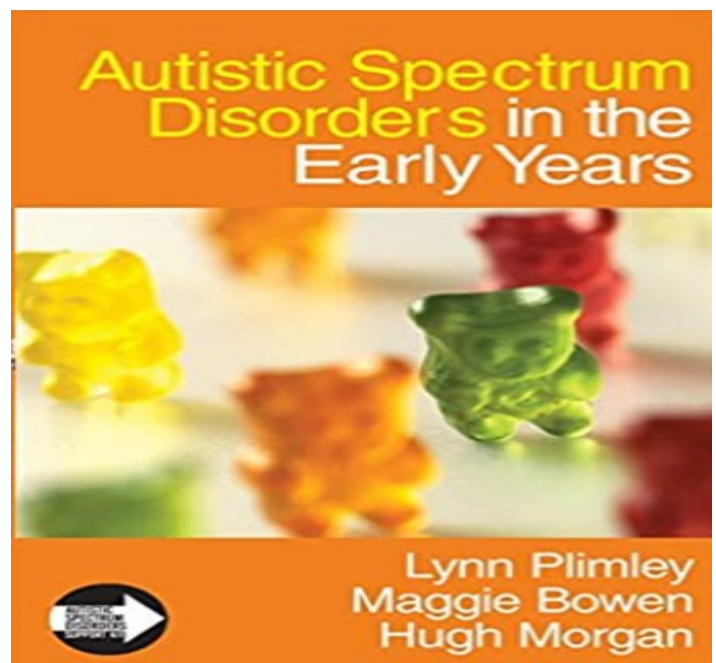
Clare invites us to celebrate the pure passion of the intellect, which such obsessions can represent, and to recognise the delight which can be experienced by children who love to collect.

Clare Sainsbury reminds us of the potential for harm which education holds for those who do not fit.

A short, accessible reader friendly extremely helpful, compact guide for those working in early years.

The content covers discussions on codes of practice, identification and assessment, social skills and behaviour, alternative interventions and home based programmes supported by good multiagency practice and collaboration and more.

Informative and useful for all early years settings.



This offering sets out clear and realistic suggestions to include children with autism in mainstream settings.

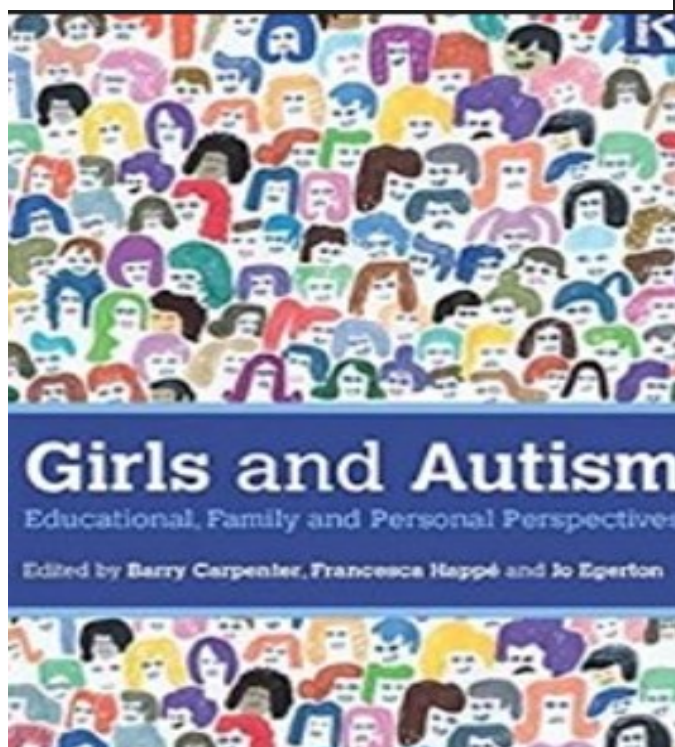
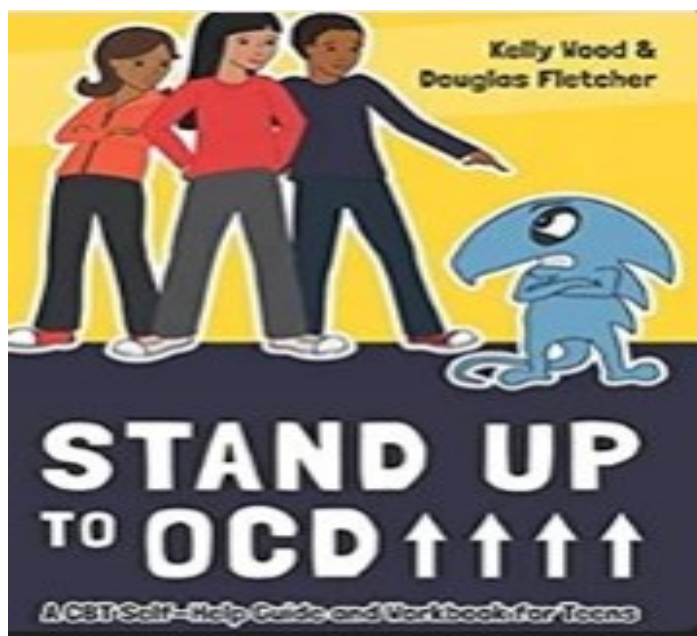
The content is supported by Kate Walls advice and practice as a practitioner including case studies.

Each chapter explores key issues and offers suggestions for discussion.



Imagine each person's brain has a captain and crew. For a person struggling with OCD, it's as if OCD has kidnapped the captain and changed the settings in the brain. Luckily there are plenty of tips and skills you can learn to disobey OCD and not do what he tells you. Join David, Riya and Sarah as they find out about how OCD sneaks into their lives and all the tricks you can use to stand up to OCD!

This illustrated CBT self-help guide and workbook is ideal for young people with OCD ages 12-17 years. It gives teens a deeper understanding of how OCD works and how they can carry out their own CBT with the help of the interactive workbook at the back of the book



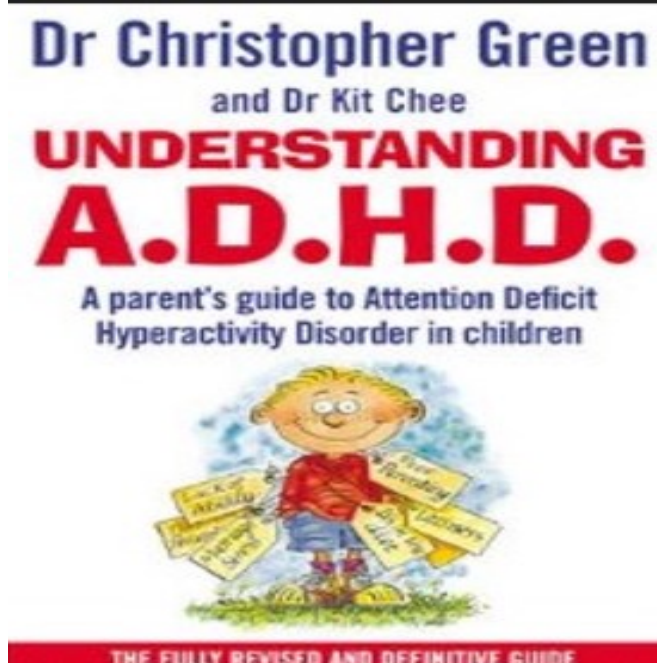
Drawing on the latest research findings, chapters consider why girls have historically been overlooked by traditional diagnostic approaches, identifying behaviours that may be particular to girls, and exploring the 'camouflaging' that can make the diagnosis of autistic girls more difficult. Chapters emphasize both the challenges and advantages of autism and take a multidisciplinary approach to encompass contributions from autistic girls and women, their family members, teachers, psychologists and other professionals. The result is an invaluable source of first-hand insights, knowledge and strategies, which will enable those living or working with girls on the autism spectrum to provide more informed and effective support.

Giving voice to the experiences, concerns, needs and hopes of girls on the autism spectrum, this much-needed text will provide parents, teachers and other professionals with essential information to help them support and teach autistic girls more effectively

Aimed at parents, teachers and health professionals, this book dispels the myths about ADHD and gives a clear overview of the condition: the causes, the behaviours and the treatments.

Full of well-tried, practical strategies to help with common problems such as inattention, underachievement and impulsiveness, the book covers:

- The causes, how to help improve behaviour at home and at school
- Making the diagnosis, medication and alternative therapies
- Hints to help reading, writing and language
- Ways to boost self-esteem
- ADHD in adults
- The latest research and where to go for further help



The workbook also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms and building a lifestyle that will help you both deal with your child's symptoms more effectively

An Instant Help Book for Parents & Kids

## The OCD Workbook for Kids

Skills to Help Children Manage Obsessive Thoughts & Compulsive Behaviors



**28** simple, fun activities to help kids:

- Learn how OCD affects their lives
- Gradually reduce symptoms
- Build a support team of friends & family

ANTHONY C. PULIAFICO, PhD  
JOANNA A. ROBIN, PhD  
Foreword by ALAN S. ALBANO, PhD

Jane Smith  
Director of Anorexia & Bulimia Care

## The Parent's Guide to Self Harm

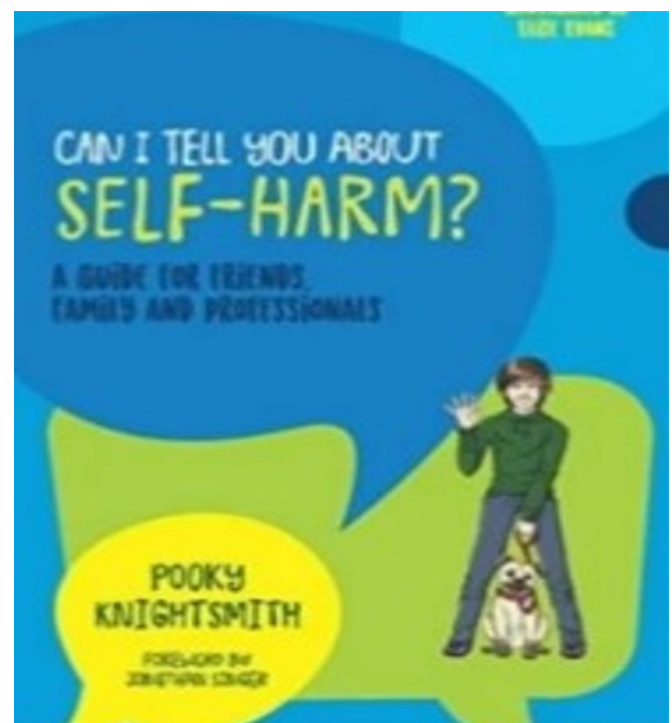
*What Parents Need to Know*



A practical guide for parents of children who self-harm.

The latest in the best-selling *Can I Tell You About...* series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family.

This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.



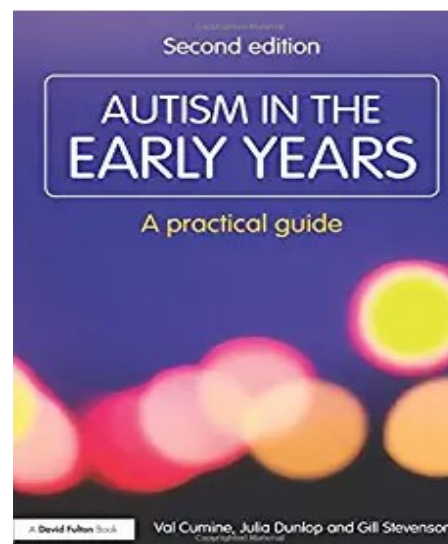
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Provides parents and professionals with an insight into the nature and educational challenges of autism, with a focus on young children.

With clarity and sensitivity this book

outline characteristics of autism as they present in the early years  
 consider the nature of autism and the issues surrounding assessment and diagnosis  
 offer practical strategies for effective and realistic intervention both at home and in a variety of early years settings;  
 suggest ways to promote learning, social development, communication and appropriate behaviour;  
 explore possibilities for enhancing access to the early years curriculum.



A ground breaker in many ways, written by Naoki Higashida when he was only thirteen. Severely autistic and non-verbal, he learnt to communicate by using a 'cardboard keyboard' - and what he has to say gives a rare and understandable insight into an artistically-wired mind. He explains behaviour he's aware can be baffling such as why he likes to jump and why some people with autism dislike being touched. He describes how he perceives and navigates the world, sharing his thoughts and feelings about time, life, beauty and nature, in this offering of an unforgettable short story. Proving convincingly that people with autism do not lack imagination, humour or empathy.

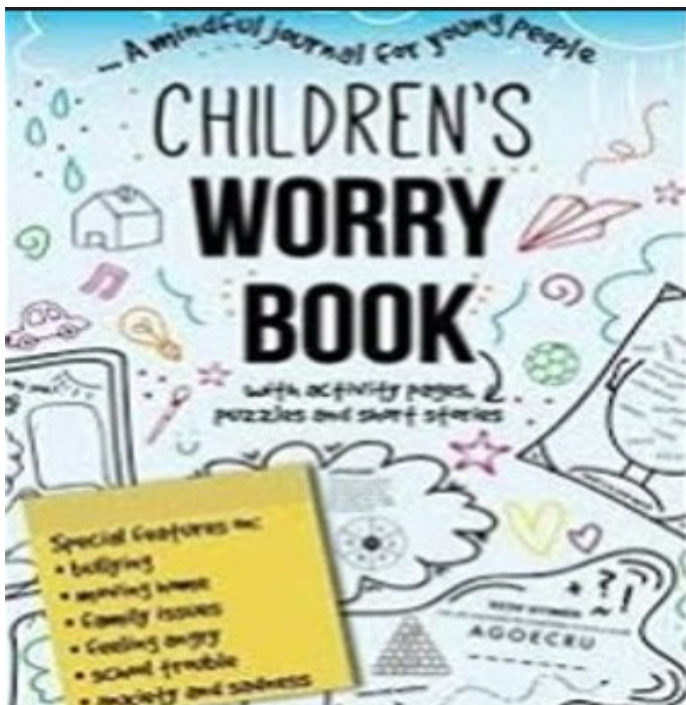
Especially designed to help children better understand their feelings and how to identify, manage and express those feelings in an appropriate and acceptable way - both to themselves and to others.

These books in The Feeling Series by Trace Moroney provides an invaluable tool to help build confidence, self-esteem and contribute to a healthy emotional foundation upon which children can thrive.

Each book features questions to the reader, which encourages both self exploration and discussion about the emotion described.

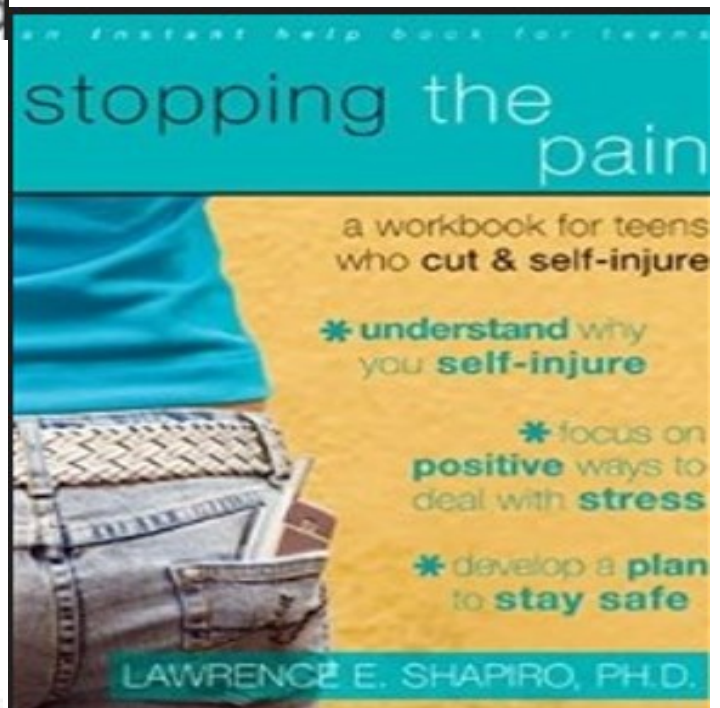
With helpful notes for parents and/or caregivers written by a child psychologist.





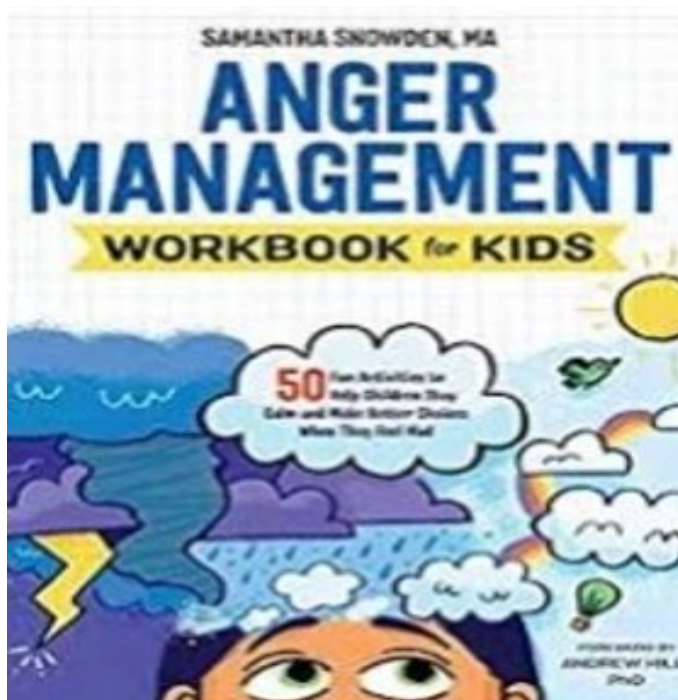
Featuring a wide range of illustrations and puzzles of all sorts for you to enjoy, including word wheels, dot-to-dots and word searches, this book will help you tackle problems and to feel positive as you work your way through the book

This comprehensive workbook helps teens who self-injure explore the reasons behind their need to hurt themselves and sets forth positive ways to deal with the issues of stress and control. The activities in this workbook provide teens with safe, effective alternatives to self-injury and help them develop a plan to stay healthy.



This workbook about anger management for kids includes:

- **Assorted exercises**—Doodle, write, meditate, and make crafts like the Glitter Jar as you work through angry feelings with this delightful workbook about anger management for kids.
- **All about anger**—Learn about what anger is, how it feels, how to look out for it, and more.
- **Feel-good habits**—In this workbook about anger management for kids, you can explore lots of healthy habits that help you react better in situations that make you mad. Stop angry feelings in their tracks with the activities in this workbook. Who knew anger management for kids could be so enjoyable?



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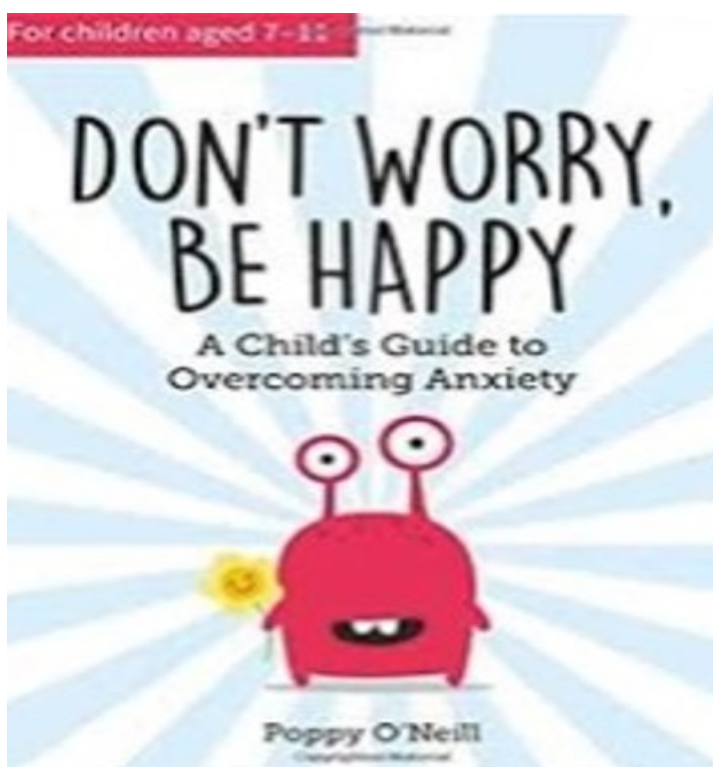
Dr. McLean explains how children with developmental differences understand the world around them and offers easy to use techniques to help children with sensory and emotional regulation difficulties or delays in language, communication or memory development.

This book will provide you with the knowledge and confidence you need to meet your own child's individual needs, and to help them to flourish.

## Parenting Traumatized Children with Developmental Differences

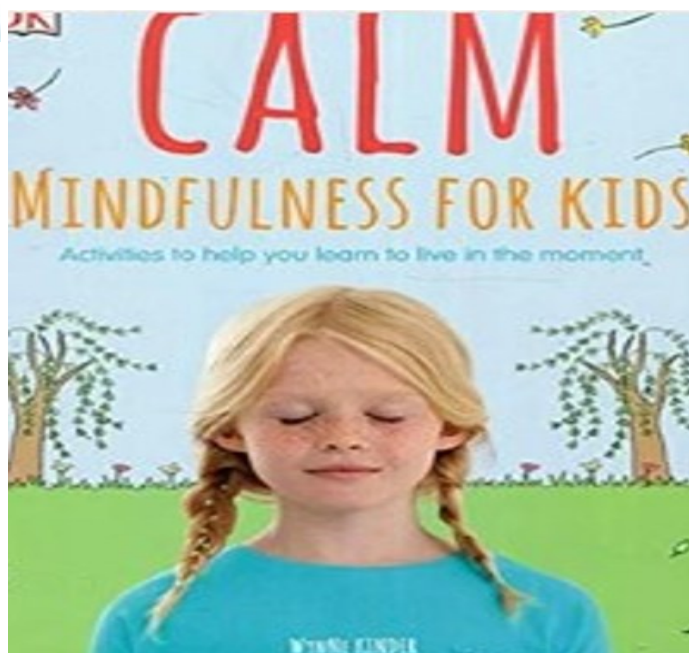


Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function and Challenging Behaviours

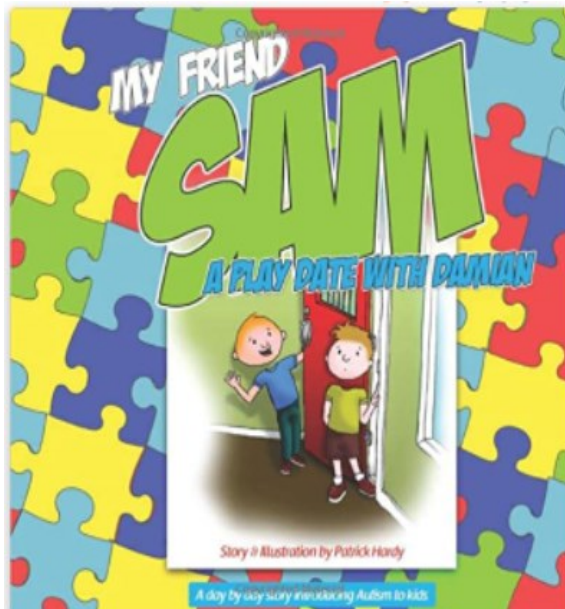


This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child to overcome anxiety

Mindfulness is a big word for a simple idea - it is paying attention, with care, to one moment at a time. The perfect introduction to mindfulness, this children's book teaches kids how to be mindful by focusing their thoughts and noticing the world around them using fun activities.



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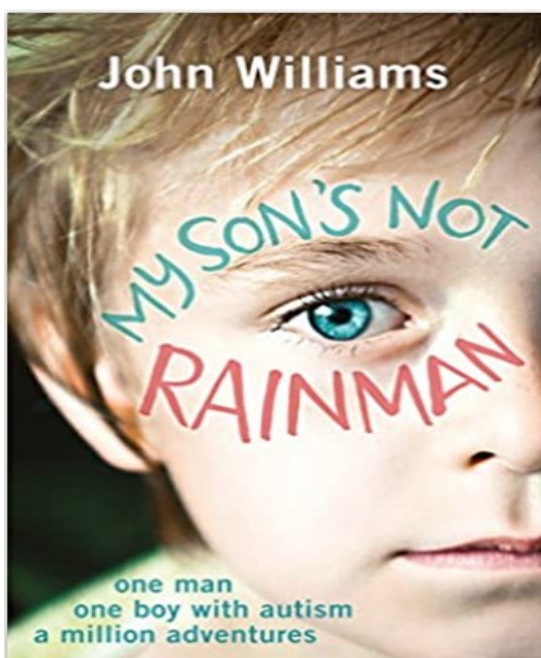
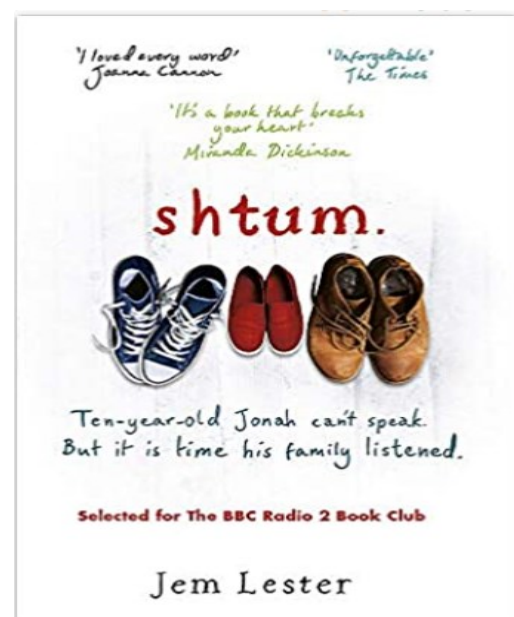


This book is presenting autism on a daily basis with our little friend Sam. Sam is going to show us how a routine activity can be very difficult for kids diagnosed with autism

Autism marriage or both, SHTUM is a novel about three generations of a family learning to get along.

Ten-year-old Jonah lives in a world of his own. He likes colours and feathers and the feel of fresh air on his skin. He dislikes sudden loud noises and any change to his daily routine. Jonah has never spoken, yet somehow he communicates better than all of the adults in his life.

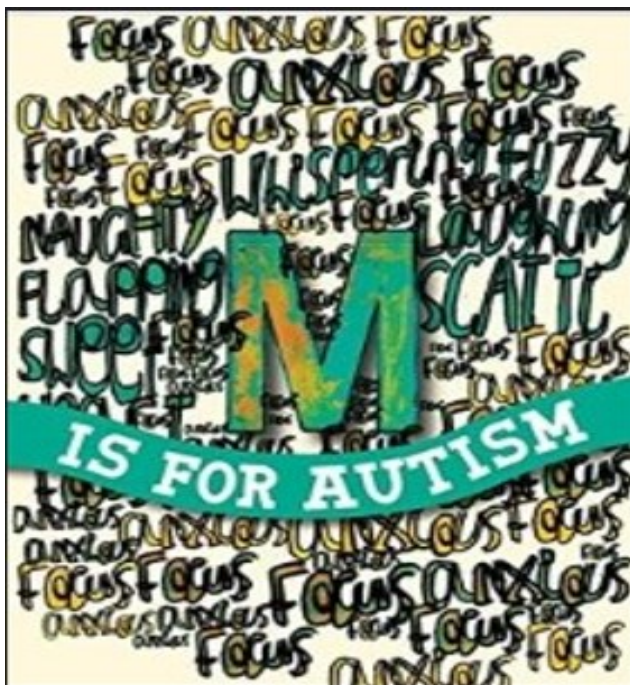
An infused story of charm, love and with deep and meaningful appreciation of the inner and outer complexities of souls.



It is a brilliantly different story about a brilliantly different boy, not about autism. It's a story about a young boy who happens to be autistic, and there is a difference. This is an incredible story about past and present, by John William's son, autistic with cerebral palsy.

Really enjoyable read, brining the joy of living with some who looks at life an fascinatedly unique way, to all who read it.

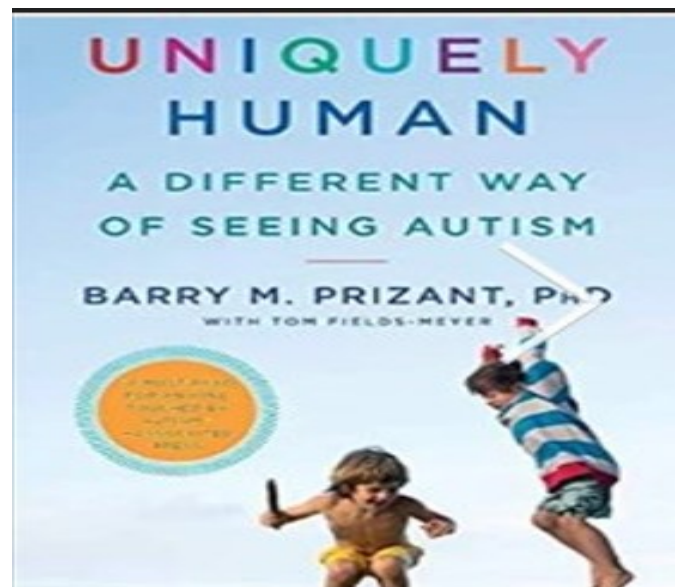




Welcome to M's world. It's tipsy-turvy, sweet and sour, and the beast of anxiety lurks outside classrooms ready to pounce. M just wants to be like other teenagers her age who always know what to say and what to do. So why does it feel like she lives on a different plane of existence to everyone else?

Written by the students of Limpsfield Grange, a school for girls with Autism Spectrum Disorder with communication and interaction difficulties, M is for Autism draws on real life experiences to create a heartfelt and humorous novel that captures the highs and lows of being different in a world of normal.

A ground breaking book on autism, by one of the world's leading experts, who portrays autism as a unique way of being human—this is “required reading....Breathtakingly simple and profoundly positive” (Chicago Tribune)



"Never be ashamed of being different: it is this difference that makes you extraordinary and unique."

This essential go-to guide gives you all the advice and tools you'll need to help you flourish and achieve what you want in life. From the answers to everyday questions such as 'Am I using appropriate body language?' and 'Did I say the wrong thing?', through to discussing the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads, award-winning neurodiversity campaigner Siena Castellon uses her own experiences to provide you with the skills to overcome any challenge.

With practical tips on friendships, dating, body image, consent and appearance, as well as how to survive school and bullying, The Spectrum Girl's Survival Guide gives you the power to embrace who you are, reminding you that even during the toughest of teen moments, you are never alone.

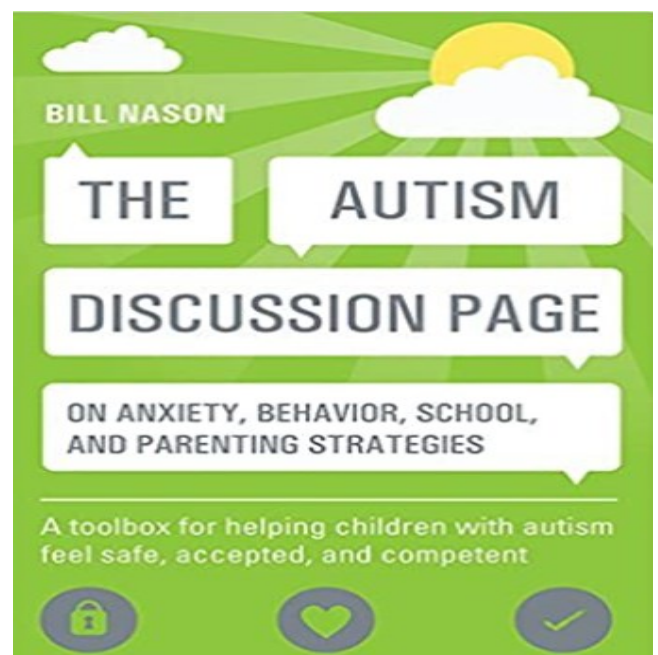




The Autism Discussion Page blue book focuses on the core challenges associated with autism (cognitive, sensory, social, and emotional) and provides concise, accessible information and simple tools for supporting children with these vulnerabilities. Based on posts on the popular online community page and organised by subject for ease of reference, this book offers an excellent understanding of how children with autism process and experience the world and effective strategies for coping with the challenges.

The Autism Discussion Page green book covers anxiety and stress, challenging behaviors, stretching comfort zones, discipline, and school issues. It also provides more general teaching and mentoring strategies for coaching children on the autism spectrum in basic daily living strategies to improve their day-to-day lives.

Based on posts on the popular online community page and organised by subject for ease of reference, this book offers an excellent understanding of how children with autism process and experience the world and effective strategies for coping with the challenges



Anxiety, meltdowns and emotional regulation can be hugely challenging for autistic people. This book is full of proactive strategies for understanding, accepting and respecting the processing differences in autism. It contains tools for reducing sensory, social and mental drain, and offers strategies to protect from ongoing stress and anxiety. These help minimize shutdowns and burnout, while maximizing self-esteem, autistic identity and mental health.

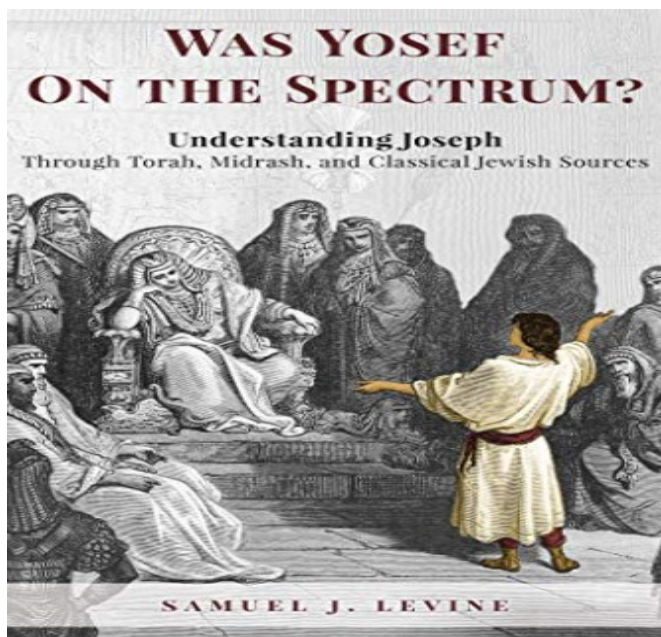
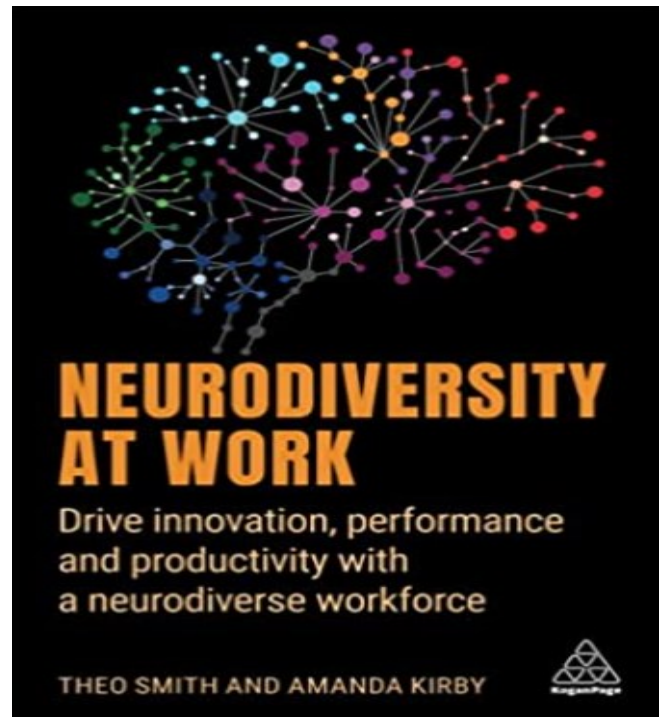
Learn strategies for matching environmental demands to the person's processing needs, how to support vulnerabilities, and how to prevent and manage meltdowns while protecting the identity and self-esteem of the individual with autism





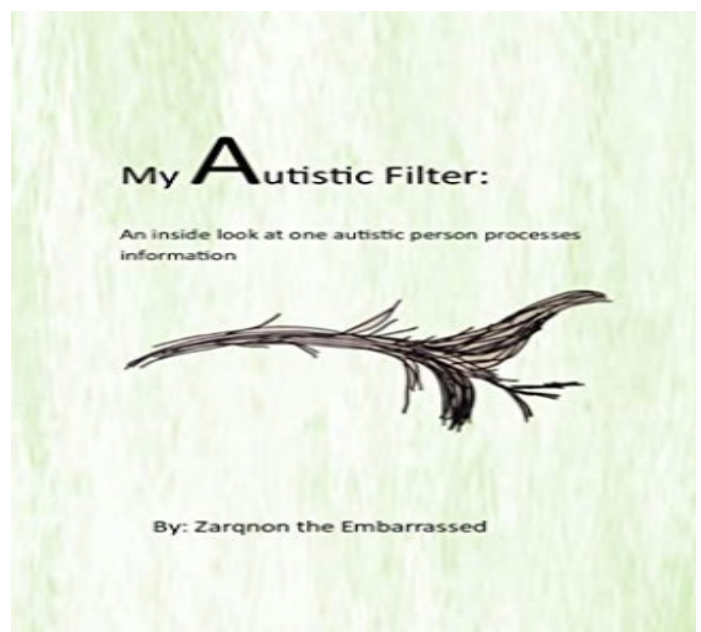
**Neurodiversity at Work** is a practical guide that explains what neurodiversity is, why it's important and what the benefits are. It covers how to attract, recruit and engage neurodiverse talent and provides guidance on how to adapt HR policies, processes and workplaces to ensure that all employees, including the 2 in 10 employees in the UK who are neurodiverse, can reach their full potential.

**Neurodiversity at Work** is packed full of case studies from leading organizations like Microsoft who are already seeing the productivity, performance and financial benefits of neurodiversity in the workplace. Individuals in these companies are also experiencing benefits in their working environments. Also featured are interviews with prominent figures in the neurodiversity community and people who have successfully adapted their HR processes for neurodiversity, including members of the ND@IBM Program and the Head of People and Culture at Autotrader. With tips, advice, examples and 'how to' actions in every chapter, this is essential reading for every HR professional.



Yosef's behaviors, interpersonal relationships, and personal development are often difficult to understand and seem to defy explanation. This book presents a coherent and cohesive reading of the well known Bible story that offers a plausible account of Yosef's behaviors, specifically those of an individual on the autism spectrum. Viewed through this lens, Yosef emerges as a more familiar and less enigmatic individual, exhibiting both strengths and weaknesses commonly associated with autism spectrum disorder.

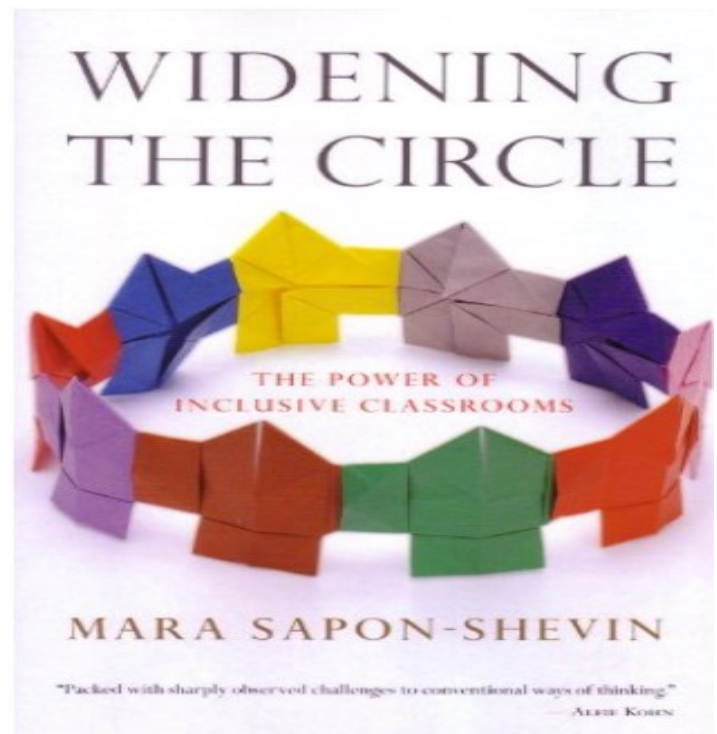
The author in my 50s, so I am looking at this as an individual who has had many experiences and train wrecks. I have spent many years of self introspection, trying to understanding how my filtering system affects my ability to function and my relationship with my environment. In the last 1930s, Autism was first being diagnosed as a specific psychological process. But up until the 1960s, it was accepted as a dimension of other psychological profiles. Once it was understood as a unique neurological characteristic, studies branched out to understand exactly what it saw, because we really did not know. What about it led individuals to have a broad range of "peculiar" and atypical methodologies in experience and expression? How do these individuals acquisition knowledge and apply it to every day life?



*Widening the Circle is a passionate, even radical argument for creating school and classroom environments where all kids, including children labelled as “disabled” and “special needs,” are welcome on equal terms.*

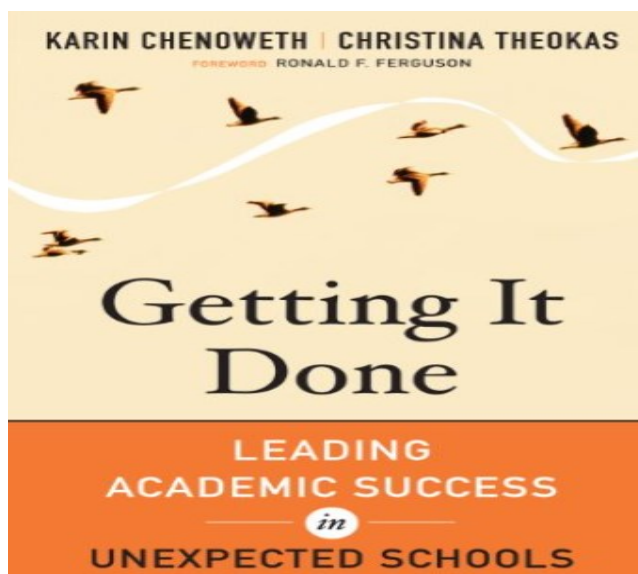
*In opposition to traditional models of special education, where teachers decide when a child is deemed “ready to compete” in “mainstream” classes, Mara Sapon-Shevin articulates a vision of full inclusion as a practical and moral goal. Inclusion, she argues, begins not with the assumption that students have to earn their way into the classroom with their behavior or skills, it begins with the right of every child to be in the mainstream of education, perhaps with modifications, adaptations, and support. Full inclusion requires teachers to think about all aspects of their classrooms—pedagogy, curriculum, and classroom climate.*

Through powerful storytelling and argument, Sapon-Shevin lays out the moral and educational case for not separating kids on the basis of difference.



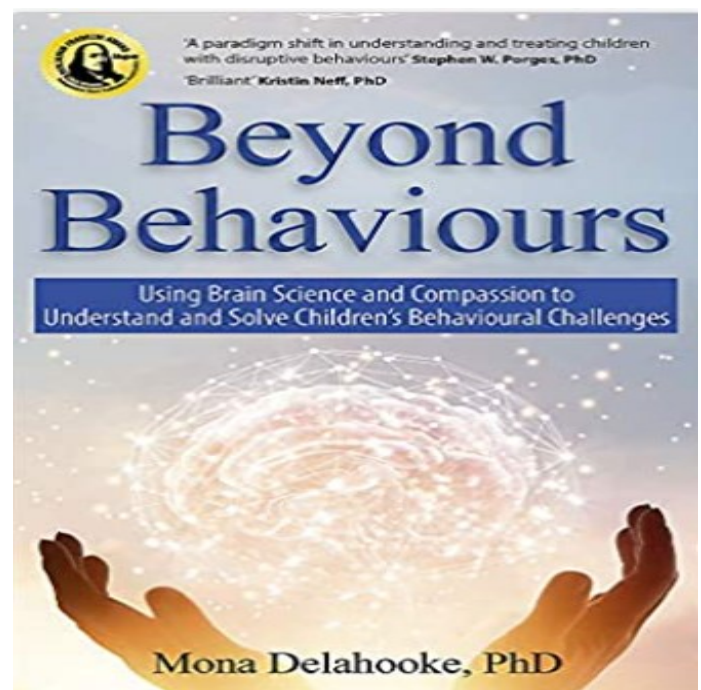
*Getting It Done* describes in clear and helpful detail what leaders of successful high-poverty and high-minority schools have done to promote and sustain student achievement.

It follows two celebrated books by Karin Chenoweth: *It's Being Done*, which established that the work of educating all children is possible, and *How It's Being Done*, which examined the structures and processes necessary to support academic success. *Getting It Done* turns to the crucial issue of school leadership, exploring how school leaders have promoted unprecedented levels of school and student achievement. A book that focuses on real leaders—and on the knowledge and skills that they have employed on behalf of heightened achievement—*Getting It Done* will be essential reading for school leaders, and for all who believe that a successful education can be attained by all students.



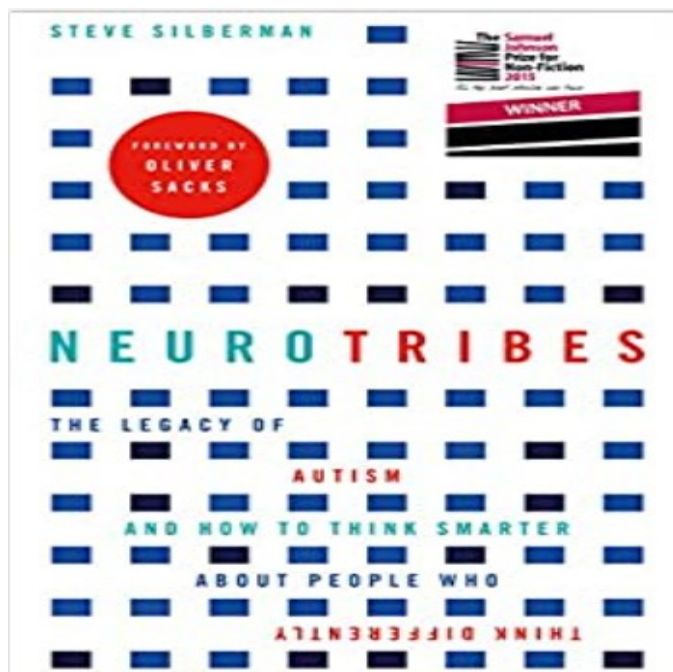
This book uses neuroscientific findings to help you deconstruct behaviour challenges, and to discover their cause and triggers for your child. It will show you how to apply this knowledge across a variety of behaviour spectrums, from children diagnosed with autism or other forms of neurodiversity, to those who might have been exposed to toxic stress or trauma during their early years. There are practical strategies to implement at every stage, backed up by impactful worksheets and charts, with a strong emphasis not on helping children and families build positive experiences to counteract the stress and pressure felt by everybody when you're working, or living, with a child who has behavioural challenges.

Accessible, practical, warmly supportive and steeped in research and clinical expertise, *Beyond Behaviours* offers a break-through book which guides us - parents and caregivers alike - to the realisation that the most important tool in our toolkit is always our connection with the child standing in front of us.



NOTE: This list is not a recommendation list, merely a sharing of titles as suggested by individuals, parent carers, practitioners and professionals along with brief summary.





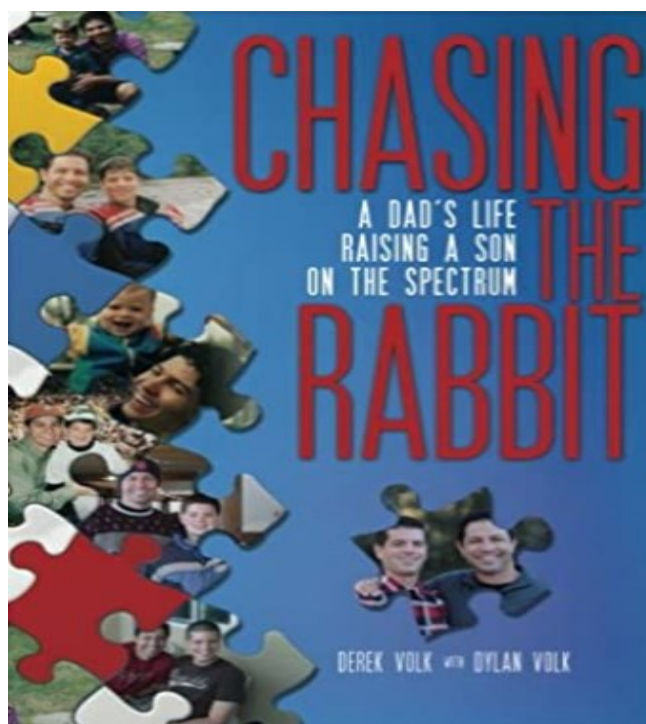
What is autism: a devastating developmental condition, a lifelong disability, or a naturally occurring form of cognitive difference akin to certain forms of genius? In truth, it is all of these things and more - and the future of our society depends on our understanding it

Following on from his ground-breaking article 'The Geek Syndrome', *Wired* reporter Steve Silberman unearths the secret history of autism, long suppressed by the same clinicians who became famous for discovering it, and finds surprising answers to the crucial question of why the number of diagnoses has soared in recent years.

Going back to the earliest autism research and chronicling the brave and lonely journey of autistic people and their families through the decades, Silberman provides long-sought solutions to the autism puzzle while casting light on the growing movement of 'neurodiversity' and mapping out a path towards a more humane world for people with learning differences.

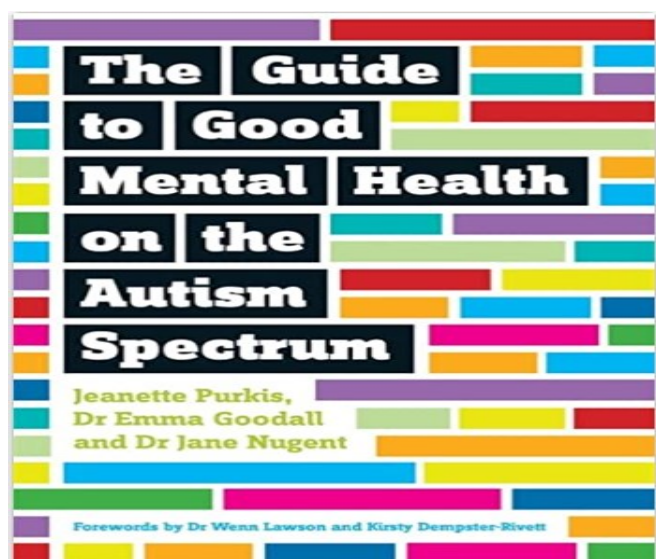
The true story of Derek Volk's experiences raising his son, Dylan, who has Asperger's Syndrome. When Derek's oldest child - his only son - was two years old when his wife suggested, "Something is not quite right with Dylan." They struggled for the next several years as they were bounced from one "expert" to another, each offering a unique perspective on Dylan's challenging behaviors

Both Dylan and Derek write about the challenges, triumphs and coping strategies from the early days to the adolescent years to life in the "real world" as a young adult. It is a story of how a dad learned to love the son he never expected he would have and how his son learned to accept himself as well. Throughout the book Dylan shares his perspectives on what Derek was experiencing. This book showcases the unique relationship between a father and his son, voices rarely heard in the autism community. It tells the story of a young man who has spent his entire life "chasing the rabbit." The title *Chasing the Rabbit* derives from Derek's analogy that Dylan is similar to a greyhound dog running around a track. The rabbit is normal.



Filled with strategies and advice, this empowering guide presents practical ways to improve the mental wellbeing of people on the Autism Spectrum.

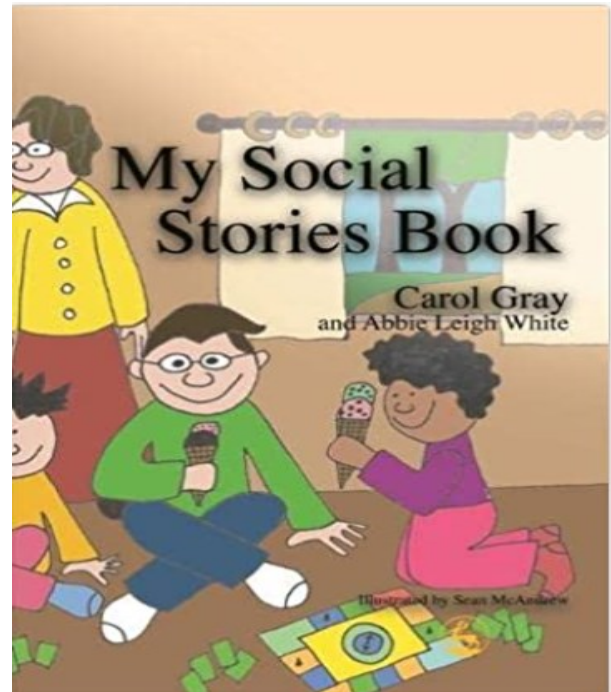
This helpful guide focusses on the specific difficulties that can arise for people on the autism spectrum who may also experience a mental illness. The book includes information on common mental health issues, such as depression and anxiety, as well as strategies for improving sleep patterns and mindfulness. Providing guidance on the benefits and drawbacks of therapy pets, medication, and psychotherapy, the authors offer balanced perspectives on treatment options and introduce self-help strategies tailored to meet your needs and improve your mental wellbeing. A number of short personal narratives from people on the autism spectrum and mental health issues illustrate the text .



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Over the last decade, Carol Gray's Social Stories approach has become established as a highly effective way of teaching social and life skills to children on the autism spectrum. Taking the form of short narratives, the Stories in My Social Stories Book take children step by step through basic activities such as brushing your teeth, taking a bath and getting used to new clothes. It also helps children to understand different experiences such as going to school, shopping and visiting the doctor. These stories are written for preschoolers aged from two to six, and the book is a useful primer for all young children - but most especially those on the autism spectrum.

My Social Stories Book contains over 150 Stories, and is illustrated throughout with line drawings by Sean McAndrew, which form a visual counterpart to the text. A helpful introduction explains to parents and carers how to get the most out of the book.



#### **A father who rediscovers love**

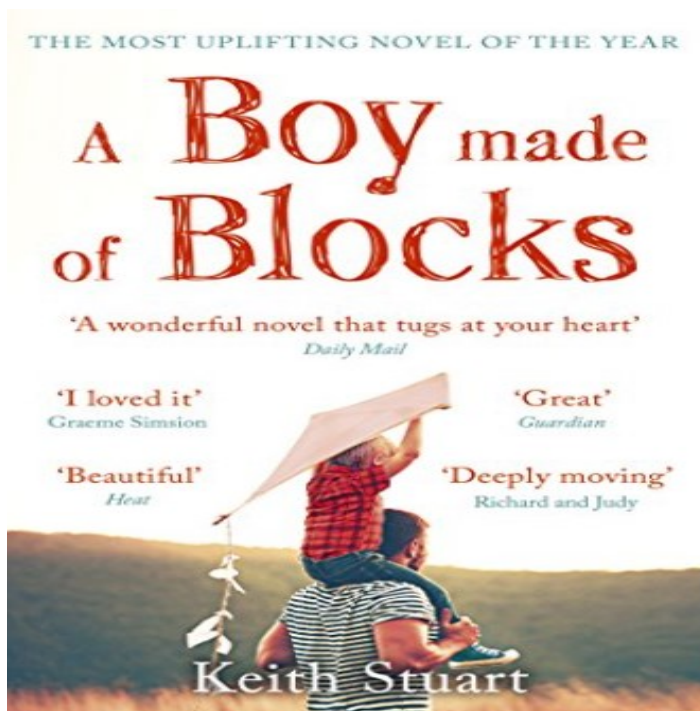
Alex loves his wife Jody, but has forgotten how to show it. He loves his son Sam, but doesn't understand him. He needs a reason to grab his future with both hands.

#### **A son who shows him how to live**

Meet eight-year-old Sam: beautiful, surprising - and different. To him the world is a frightening mystery. But as his imagination comes to life, his family will be changed . . . for good.

'Heartwarming'  
The Unmumsy Mum

'A wonderful, warm, insightful novel about family, friendship and love'  
*Daily Mail*



Friendly coping tips for autistic people by an autistic person who "gets it"; the relief of those "It's not just me!" moments can be very helpful in a complicated world. This book, also relevant to families, friends and professionals, looks at some life situations which autistic people can find extra stressful; exciting ones like travelling as well as challenging ones like disciplinary action at work.

Each situation has its own chapter and is introduced by a personal perspective from the author; there are also chapters on general coping strategies and supporting someone else and a list of further sources of help.

The personal experiences are sometimes funny, sometimes triumphant, sometimes poignant but turned positive; the advice is practical and realistic, allowing for times when things go wrong. Honestly written and personally illustrated by someone who has lived and learned through these situations, using that experience to help others.

#### **Deferred Sunlight: Illuminating Ways Through The Darker Times**



#### **Practical Coping Strategies learned in an autistic life**

In solidarity with the whole spectrum;  
from infrared to ultraviolet.

Katherine Highland