

TOP 5 MUST READS THIS MONTH

By Tia Ketsan

While there are an abundance of books out there, below are some amazing reads about neurodiversity! Each one celebrates or discusses more about the complexities surrounding neurodiversity. Happy reading!

1. Uniquely Human by Barry M. Prizant

Oftentimes in society autism is seen as a deterrent, but what if we saw it as just another part of one's identity? This book focuses on how we can better understand those around us who have autism and how we can support them. Rather than immediately push them towards autism therapy and expect that to help them, the book details how we can contribute to their well being as well. Instead of aiming to restrain behaviors like sensory challenges or repetitive behavior patterns, we can learn about how to build on these abilities and promote a better quality of life.

2. Life, Animated: A Story of Sidekicks, Heroes, and Autism by Ron Suskind

This real life story details the life of Suskind's son as he goes through life expressing himself through Disney movies. Suskind's son- Owen- became mute at the age of 3. He was inconsolable and was unlike the happy go lucky child he was before, but once he discovered animated Disney movies, he began to memorize them in order to use them as his main form of communication. The book is a particularly interesting read not only because it is a true story, but because it touches on the deeper topics of familial relationships as well as how vital-communication in all forms- is important to our daily lives.

3. The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain by Thomas Armstrong

Similar to NNEA's embracement of neurodiversity, this book celebrates everyone. It dabs on topics from ADHD to dyslexia to autism, all while embracing the advantages and skills that each one brings to the table. If you are looking for a pick me up book that explores neurodiversity from a different perspective, this is the one for you.

4. Loud Hands: Autistic People, Speaking by Julia Bascom

The foundation of this book is a project called “Loud Hands” by the Autistic Self Advocacy Network. This collection of writing pieces were written for and by people with autism. If you hope to gain more insight into another individual’s life or take a walk in your shoes, this book is perfect. There is something so moving about being able to read about the history of the autism self advocacy movement and then to experience it first hand by reading from those who are in that circumstance. It focuses a lot on the need to reform how we think about autism and neurodiversity as a whole, so while this may be a heavy read, it is definitely worth it.

5. Neurotribes by Steve Silberman

Silberman begins the captivating book by narrating the story of two researchers who defined autism in two very different ways. By already beginning the book with a contrast, he sets the mood perfectly to introduce his way of thought- embracing the neurodiverse model. He specifically touches on the idea that neurological differences are not a mistake, they are nature's way of varying the human genome. They are a way to give life back into society and help us embrace each other in every way possible.