



Neurodivergent (ADHD & Autism) Resource List

Autism Books

- [Unmasking Autism by Dr. Devon Price](#)
- [Divergent Mind by Jenna Nerenberg](#)
- [Is This Autism? by Donna Henderson, PhD](#)
- [NeuroTribes by Steve Silberman](#)
- [We're Not Broken: Changing the Autism Conversation by Eric Garcia](#)
- [Self-care for Autistic People by Dr. Megan Anna Neff](#)
- [\(For Clinicians\) The Adult Autism Assessment Handbook: A Neurodiversity Affirmative Approach](#)

ADHD Books

- [Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder by Edward Hallowell, M.D. and John Ratey, M.D.](#)
- [Your Brain's Not Broken: Strategies for Navigating Your Emotions and Life with ADHD by Tamara Rosier, PhD](#)
- [Self-care for People with ADHD by Sasha Amdani, MD](#)

Podcasts/Episodes on Neurodivergence

- [Divergent Conversations](#)
- [The Neurodivergent Woman](#)
- [The Neurodiversity Podcast](#)
- [The Testing Psychologist- Autism in Women and Girls](#)

Resource Pages/Directories

- [Ndtherapists.com \(therapist directory with neurodivergent affirming providers listed by state\)](#)
- [Neurodivergent Insights](#)
- [ADDitude Magazine](#)
- [The Autistic Girls Network](#)

Divergent Path Therapy, PLLC

This is a live document where you can see updates in the future

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Blog Posts/Articles

- ["Is it ADHD or Autism? \(Or Both\)" by Dr. Neff](#)
- ["The ADHD Subtypes" by Dr. Neff](#)
- ["ADHD and Autism: How ADHD and Autism are Related" by Dr. Neff](#)
- ["Women and Autism" by Dr. Neff](#)
- ["Autism and Burnout" by Dr. Neff](#)
- ["PMDD, Autism, and ADHD: The Hushed Comorbidity" by Tori Morales](#)
- ["PMS, PMDD, and Autism" by David Harris at the EDS Clinic](#)
- ["PMDD and ADHD" by David Harris at the EDS Clinic](#)
- ["AuDHD" by The Autistic Girls Network](#)

Research/Academic Published Articles

- ["Being a Woman is 100% Significant to My Experiences of Attention Deficit Hyperactivity Disorder and Autism: Exploring the Gendered Implications of of an Adulthood Combined Autism and Attention Deficit Hyperactivity Disorder Diagnosis" by Emma Craddock, PhD.](#)
- ["Miss. Diagnosis: A Systematic Review of ADHD in Adult Women," by Darby Attoe and Emma Climie](#)
- ["'We couldn't think in the box if we tried. We can't even find the damn box': A qualitative study of the lived experiences of autistic adults and relatives of autistic adults," by Tracy Finch et. al.](#)
- ["Stories of Hope: Young People's Personal Narratives About ADHD Put Into Context of Positive Aspects," by Gronneberg, Engebresten, and Lokkeberg.](#)

Other Podcasts

- [Calling Home Podcast](#) (Navigating relationships with parents, emotional immaturity)
- [Shrink Chicks Podcast](#) (Variety of topics)
- [Where Should We Begin? with Esther Perel](#) (Relationship/couples focused)
- [Food Psych Podcast by Christy Harrison](#) (Intuitive Eating/Anti-diet)

Other Books

- [The Neurodivergent Friendly Workbook of DBT Skills by Sonny Jane Wise](#)
- [Adult Children of Emotionally Immature Parents by Lindsay Gibson, PsyD](#)

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- [Self-compassion by Dr. Kristin Neff](#)
- [Women's Moods: What Every Woman Must Know About Hormones, The Brain, And Emotional Health by Deborah Sichel, M.D., and Jeanne W Driscoll, M.S., R.N.](#)

Products to Consider

- Weighted blankets
- Weighted sweatshirts
- [Little Ouchies](#)
- [Loop ear plugs](#)
- Noise cancelling headphones
- [Warmies \(weighted heated stuffed animals\)](#)
- Various fidgets (can search online for many different types)

Apps

- [Finch App](#)

Social Media Accounts

Instagram

@thewavecounseling
 @neurodivergenttherapist
 @neurodivergent_insights
 @neuronandrosepsych
 @dr.salenajustice