

Books you may find helpful

A few books that members and others in the community have found helpful. There's no right place to start and no need to read any of them. Take what feels useful and leave the rest.

Late discovery

Rediscovered

by Catherine Asta

Blends Catherine's own late discovery with the voices of over 100 autistic women across seven decades.

Still Living

by Catherine Asta

Catherine's memoir, published April 2026.

An Autistic and ADHD Journey

by Rachel Winder

On rewriting your sense of identity after discovery.

Autism, Identity and Me

by Rebecca Duffus and Lyric Rivera

A practical workbook for autistic adults, due out 13 November 2026.

Unmasking Autism

by Devon Price

A gentle look at masking and what it might mean to live more openly as yourself.

Is This Autism?

by Donna Henderson, Sarah Wayland and Jamell White

Helpful if you're wondering, questioning or waiting for assessment.

Menopause and hormones

Menopause and ADHD

by Dr Helen Wall

How hormones and ADHD shape each other through perimenopause, written by a GP with training in menopause and neurodivergence.

Autistic Menopause

by Rachel Moseley and Julie Gamble-Turner

For autistic people going through the menopausal transition, and those supporting them.

AuDHD and both together

The Complete Guide to AuDHD

by Sarah Hendrickx

Life experiences from early childhood to old age, due out 19 November 2026.

Stuck on Hard Mode

by Erin Phillips

A practical strategy guide for everyday life.

Unmasked

by Ellie Middleton

A UK book about ADHD, autism and neurodivergence, written with real openness.

Memoir and lived experience

Could Try Harder

by Eliza Fricker

An illustrated memoir of an undiagnosed autistic adolescence.

Atypical Girl

by Penny Kiley

Liverpool, punk rock and trying to be normal.

Literally

by Ella Willis

A joyful take on the ups and downs of being autistic.

Strong Female Character

by Fern Brady

A frank and funny memoir about growing up undiagnosed.

Written by men

Now It All Makes Sense

by Alex Partridge

The founder of UNILAD and LADbible on life before and after his ADHD diagnosis at 34, blending his story with expert insight.

Great and Unfortunate Things

by Jason Arday with Eve Claxton

A memoir from the autistic Cambridge professor.

Autistically Me

by Bradley Riches

On understanding and celebrating autistic minds.

Untypical

by Pete Wharmby

A warm, honest look at how the world could better include autistic people.

What I Want to Talk About

by Pete Wharmby

A celebration of special interests and the joy they bring.

Neurodivergent Moments

by Joe Wells and Abigoliah Schamaun

Light, funny and very relatable.

Fingers in the Sparkle Jar

by Chris Packham

An older but beautifully written memoir of a UK childhood.

Wellbeing and everyday life

Healing Autistic Burnout

by Sharon Kaye O'Connor

A neuroaffirming guide to restoring energy and advocating for your needs.

Dealing with Change, Loss and the Unexpected

by Hannah Belcher

A practical guide for neurodivergent adults.

The Rejection Sensitive Dysphoria Workbook

by Catherine J. Mutti-Driscoll

Gentle skills for healing from rejection, due out 1 October 2026.

The Neurodivergent Friendly Workbook of DBT Skills

by Sonny Jane Wise

Emotional regulation tools adapted for neurodivergent minds.

How to Keep House While Drowning

by KC Davis

A kind, shame free approach to household tasks when energy is low.

Relationships and family

Dirty Laundry

by Richard Pink and Roxanne Pink

A UK couple, one with ADHD and one without, gently exploring shame and how they navigate life together.

Small Talk

by Richard Pink and Roxanne Pink

Gently reframes ten common lies people with ADHD come to believe about themselves, such as "I am lazy".

I Need My Space (But I Like You Too!)

by Alice Bramhill

A neurodivergent guide to all kinds of relationships.

Unmasking Mum

by Lisa Lloyd

An honest guide to life as a neurodivergent parent.

Different Minds

by Pete Wharmby

On helping autistic school children thrive.

We share these as starting points rather than recommendations. Please go gently and trust your own sense of what fits.