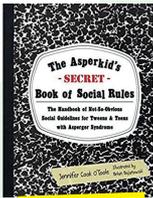


# RECOMMENDED READING

A list of books written *about*  
or *by* people with Autism

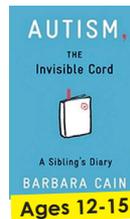




**Ages 10-17**

### THE ASPERKID'S (SECRET) BOOK OF SOCIAL RULES: THE HANDBOOK OF NOT-SO-OBVIOUS SOCIAL GUIDELINES FOR TWEENS AND TEENS WITH ASPERGER SYNDROME | *Author: Jennifer Cook O'Toole*

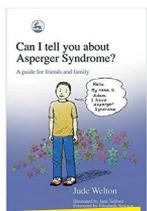
This bestselling book by Jennifer Cook O'Toole (who is both an Aspie herself and a mother of three children with Asperger's) is a must-read guide for any teen or tween on the autism spectrum. The book is full of illustrations, humour, and easy-to-understand explanations of important social rules that may not be so obvious to a child on the spectrum. The book was named the Autism Society America 2014 Temple Grandin Outstanding book of the year and made the autism/ASP Digest Top Books list.



**Ages 12-15**

### AUTISM, THE INVISIBLE CORD: A SIBLING'S DIARY | *Barbara Cain*

Siblings of children with autism will relate to 14 year old Jenny, the narrator of "Autism, the Invisible Cord." Jenny describes what it's like to live day to day with her autistic brother, Ezra. With complete honesty, Jenny chronicles all of her frustrations, hopes and love for her brother.



**Ages 7-15**

### CAN I TELL YOU ABOUT ASPERGER'S SYNDROME? | *Jude Welton*

"Can I Tell You About Asperger's Syndrome?" is narrated by Adam, a young boy on the autism spectrum. Through easily understood explanations and interesting illustrations, Adam teaches readers what Asperger's Syndrome is, the different challenges faced by those with Asperger's, and how young people can understand and appreciate their peers on the spectrum.



**Ages 8+**

### HOW TO TALK TO AN AUTISTIC KID | *Daniel Stefanski*

At Age 14, Daniel Stefanski wrote this guide for "typical kids" to help them speak and better relate to their peers on the autism spectrum. Through humour, personal stories, helpful advice, and straightforward explanations, Stefanski explains why the behaviours of those on the spectrum are often misunderstood, and encourages "typicals" to have the confidence to befriend those with autism.



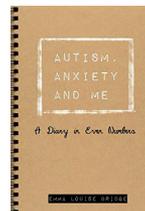
**Age 12-18yrs**

### HOW TO GROW UP AWESOME AND AUTISTIC | *Siena Castellon*

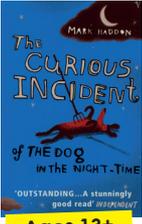
This essential go-to guide gives you all the advice and tools you'll need to help you flourish and achieve what you want in life. From the answers to everyday questions such as 'Am I using appropriate body language?' and 'Did I say the wrong thing?', through to discussing the importance of understanding 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.

### AUTISM, ANXIETY & ME | *Emma Louise Bridge*

In her 24 years Emma has experienced a lot, and much of this has been coloured by her autism and social anxiety. Funny and self-aware, this collection of Emma's diary entries capture her hidden thoughts and insightful explanations as to why the world can be such a puzzling place.



**Age 13+**



### THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME | Mark Haddon

Christopher is an intelligent youth who lives in the functional hinterland of autism—every day is an investigation for him because of all the aspects of human life that he does not quite get. When the dog next door is killed with a garden fork, Christopher becomes quietly persistent in his desire to find out what has happened and tugs away at the world around him until a lot of secrets unravel messily.

**Ages 13+**



### A KIND OF SPARK Elle McNicoll

A Kind of Spark tells the story of 11-year-old Addie as she campaigns for a memorial in memory of the witch trials that took place in her Scottish hometown. Addie knows there's more to the story of these 'witches', just like there is more to hers.

Can Addie challenge how the people in her town see her, and make her voice heard? A story about friendship, courage and self-belief, Addie's story was born from Elle's own experiences of neurodiversity and her commitment to seeing greater representation in children's books.

### RAIN REIGN | Ann M Martin

Rose Howard has OCD, Asperger's syndrome, and an obsession with homonyms. Rain was a lost dog Rose's father brought home. Rose and Rain are practically inseparable. And they are often home alone, as Rose's father spends most evenings at a bar, and doesn't have much patience for his special-needs daughter.



**Ages 8+**

Just as a storm hits town, Rain goes missing. Rose's father shouldn't have let Rain out. Now Rose has to find her dog, even if it means leaving her routines and safe places to search. Rose will find Rain, but so will Rain's original owners.

Hearts will break and spirits will soar for this powerful story, brilliantly told from Rose's point of view.

### MOCKINGBIRD | Kathryn Erskine

In Caitlin's world, everything is black or white. Things are good or bad. Anything in between is confusing. That's the stuff Caitlin's older brother, Devon, has always explained. But now Devon's dead and Dad is no help at all. Caitlin wants to get over it, but as an eleven-year-old girl with Asperger's, she doesn't know how. When she reads the definition of closure, she realizes that is what she needs. In her search for it, Caitlin discovers that not everything is black and white—the world is full of colors—messy and beautiful.



**Ages 13+**

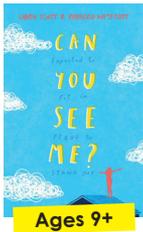


### PLANET EARTH IS BLUE | Nicole Panteleakos

Twelve-year-old Nova is eagerly awaiting the launch of the space shuttle Challenger-Nova and her big sister, Bridget, share a love of astronomy and the space program. They planned to watch the launch together. But Bridget has disappeared, and Nova is in a new foster home.

While foster families and teachers dismiss Nova as severely autistic and nonverbal, Bridget understands how intelligent and special Nova is. As the liftoff draws closer, Nova's new foster family and teachers begin to see her potential, and for the first time, she is making friends without Bridget. But every day, she's counting down to the launch, when she'll see Bridget again. Because Bridget said, *No matter what, I'll be there. I promise.*

**Ages 9+**



### **CAN YOU SEE ME? | Louise Pepper**

Co-author Libby Scott is autistic herself and she is also 11 years old, thus ensuring that the narrative of *Can You See Me?* is as credible as possible. Endearing, insightful and warmly uplifting, *Can You See Me?* is a story of autism, empathy and kindness that will touch readers of all ages.

Tally is eleven years old and she's just like her friends. Well, sometimes she is. If she tries really hard to be. Because there's something that makes Tally not the same as her friends. Something she can't cover up, no matter how hard she tries: Tally is autistic.



### **EVERY SHINY THING Cordelia Jensen**

In this beautifully constructed middle-grade novel, told half in prose and half in verse, Lauren prides herself on being a good sister, and Sierra is used to taking care

of her mom. When Lauren's parents send her brother to a therapeutic boarding school for teens on the autism spectrum and Sierra moves to a foster home in Lauren's wealthy neighborhood, both girls are lost until they find a deep bond with each other. But when Lauren recruits Sierra to help with a Robin Hood scheme to raise money for autistic kids who don't have her family's resources, Sierra has a lot to lose if the plan goes wrong. Lauren must learn that having good intentions isn't all that matters when you battle injustice, and Sierra needs to realize that sometimes, the person you need to take care of is yourself.



### **M IS FOR AUTISM | BY THE STUDENTS OF LIMPSFIELD GRANGE SCHOOL**

Welcome to M's world. It's tippy-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.



### **THE STATE OF GRACE Rachael Lucas**

Whip-smart, hilarious and unapologetically honest, *The State of Grace* by Rachael Lucas is a heart-warming story of one girl trying to work out where she fits in, and whether she even wants to.



### **ANNA | Laura Guthrie**

Anna is thirteen years old, lives in London with her father, and has Asperger's syndrome. When her father dies she travels up to the Scottish Central Belt to live with her estranged, reclusive mother. With little support to help her fit in, she must use everything her father taught her – especially her 'Happy Game' – to integrate into her new community, connect with her mother, discover her past, and cope with the challenges along the way.