**Neurodivergent Resources**

**Books**
Jenara Nerenburg - “The Divergent Mind”
Thomas Armstrong - “The Power of Neurodiversity”
Gabor Mate - “Driven to Distraction”
Katherine May - “The Electricity of Every Living Thing”
Daniel Bowman Jr. - “On the Spectrum”
Elaine Aron - “Highly Sensitive People”
Anthony Storr - “Solitude”

**Instagram**
Neurodivergent Lou
Katherine May (interviews autistic folx)
adhd_empowerment_coach

**Twitter**
Pete Wharmby
Jesse J. Anderson
Rory Reckons

**Netflix**
Hannah Gadsby’s “Douglas”

**YouTube**
Irene Lyon - Nervous System Regulation

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