

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