READINGS AND RESOURCES
FEMALES WITH ASD
Shana Nichols, PhD © 2018

- Autism Women’s Network: [https://autismwomensnetwork.org/](https://autismwomensnetwork.org/)
- Spectrumly Speaking (podcast by and for women on the spectrum): [http://differentbrains.org/spectrumly-speaking/](http://differentbrains.org/spectrumly-speaking/)

**Key Research Journal Articles**

  - Special issue dedicated to ASD in females
  - Excellent theoretical article

**Books on Topics for Females with ASD *including titles by Temple Grandin***

- *Girls With Autism Becoming Women* – Heather Wodis (out in June 2018)
- *Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age* – Sarah Hendrickx
- *Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life* – Liane Holliday Willey

**First Person Accounts**

- *Pretending to Be Normal* – Liane Holliday Willey
- *Asperger’s on the Inside* – Michelle Vines
- *Everyday Aspergers* – Samantha Craft

© S. Nichols, 2018
• Twirling Naked in the Streets and No One Noticed: Growing Up With Undiagnosed Autism - Jeannie Davide-Rivera
• Odd Girl Out: An Autistic Woman in a Neurotypical World – Laura James
• Working the Double Shift: A Young Woman's Journey with Autism – Christine Motokane
• Aspies Alone Together: My Story and a Survival Guide for Women Living with Asperger Syndrome – Elaine Day
• Life Behind Glass: A Personal Account of Autism Spectrum Disorder – Wendy Lawson
• Born on the Wrong Planet - Erika Hammerschmidt

Books for Parents

• Parenting Girls on the Autism Spectrum: Overcoming the Challenges and Celebrating the Gifts – Eileen Riley-Hall
• What Every Autistic Girl Wishes Her Parents Knew – Autism Women’s Network Inc.

Books for Girls

• May I Be Excused, My Brain is Full: Olivia’s Asperger’s Story – Krista Preuss-Gouldreault
• I am an Aspie Girl: A book for young girls with autism spectrum conditions - Danuta Bulhak-Paterson
• M is for Autism - The Students of Limpsfield Grange School and Vicky Martin
• M in the Middle: Secret Crushes, Mega-Colossal Anxiety and the People’s Republic of Autism – The Students of Limpsfield Grange School and Vicky Martin
• Middle School - The Stuff Nobody Tells You About: A Teenage Girl with ASD Shares Her Experiences – Haley Moss
• Lisa and the Lacemaker: An Asperger Adventure (graphic novel) – Kathy Hoopman

Books for Young Women and Women

• Aspergirls: Empowering Females with Asperger Syndrome – Rudy Simone (aka Artemesia)
• Women From Another Planet?: Our Lives in the Universe of Autism – Jean Kearns Miller
• From Here to Maternity: Pregnancy and Motherhood on the Autism Spectrum – Lana Grant

Puberty and Sexuality

• What’s Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions – Kate Reynolds
• Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism – Mary Wrobel
• Taking Care of Myself 2: for Teenagers and Young Adults with ASD
• Sexuality and Research Education for Children and Adolescents with ASD – Davida Hartman

© S. Nichols, 2018