



Jessica Kingsley Publishers

AUTISM & NEURODIVERSITY

2025 | NEW TITLES

Lived Experience | Essential Guides | Parenting
Children & Teens | Teaching & Learning | Professionals
PDA | ADHD | Dyslexia & Dyspraxia



AUTISM & NEURODIVERSITY

2025 | NEW & BESTSELLING TITLES

We're excited to share our latest collection of new and forthcoming titles exploring **autism, ADHD, dyslexia, dyspraxia, and beyond**. Highlights include *Rediscovered* by Catherine Asta, a life-affirming journey of self-understanding, and the **delightful new card set based on Kathy Hoopmann's classic 'All About...' books**.

You'll also find **practical, insightful resources for professionals** on key topics such as neuroaffirmative diagnosis and the female presentation of autism, along with vibrant, engaging books for children on sensory regulation and more. For those exploring ADHD later in life, don't miss **Laura Kirby's empowering new guide to late diagnosis**.

Many of our titles are also available as audiobooks – a great option for those who process information differently or prefer to listen on the go.

We hope you'll find something that speaks to you. And if there's a subject you'd like us to explore, we'd love to hear from you!

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UK SALES

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REDISCOVERED.

*A Compassionate and
Courageous Guide
For Late Discovered
Autistic Women
(and Their Allies)*

CATHERINE ASTA

Rediscovered

LATE-DISCOVERED

A Compassionate and Courageous Guide For Late Discovered Autistic Women (and Their Allies)

Catherine Asta

This important book, written by Catherine Asta (creator of The Late Discovered Club) will help you to nurture your strengths as an autistic woman, process and respond to the challenges and struggles you face, and be the guiding light that helps you come home to yourself.

FEB 2025 | ISBN-9781805011507 | £14.99 | TRADE PAPERBACK | 240PP | 4 X FIGURES

Lost and Now Found

LATE-DISCOVERED

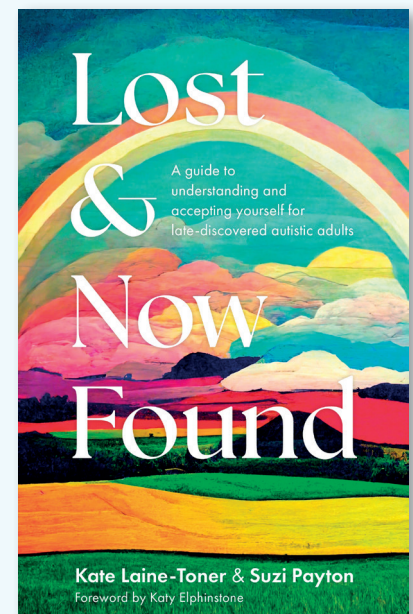
A Guide to Understanding and Accepting Yourself for Late-Discovered Autistic Adults

Kate Laine-Toner and Suzi Payton

Foreword by Katy Elphinstone

A guidebook for late-discovered autistic adults to help them explore their identity and understand how to live a happy, fulfilling life tailored to their needs.

AUG 2025 | ISBN-9781805011019 | £14.99 | TRADE PAPERBACK | 256PP

**COULD I
REALLY BE
AUTISTIC?**

**Your First Steps
to Self-Discovery**

Sarah Hendrickx
and Jess Hendrickx

Could I Really Be Autistic?

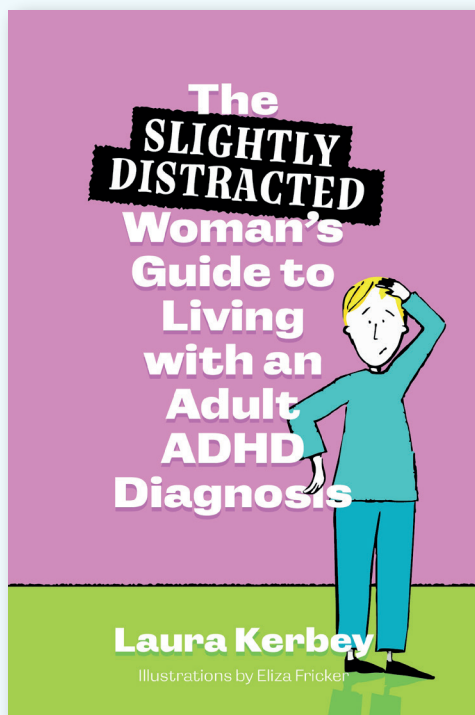
SELF-DIAGNOSIS

Your First Steps to Self-Discovery

Sarah and Jess Hendrickx

The first book to read for anyone considering whether autism might be a good fit and the next steps to take, from a bestselling author in the field

OCT 2025 | ISBN-9781805013433 | £17.99 | TRADE PAPERBACK | 240PP



The (Slightly Distracted) Woman's Guide to Living with an Adult ADHD Diagnosis

Laura Kerbey
Illustrated by Eliza Fricker

A lived experience guide to ADHD as a female in
your thirties and beyond.

JUL 2025 | ISBN-9781805012085 | £14.99 | TRADE
PAPERBACK | 256PP | 11 B&W SPOT ILLUSTRATIONS AND
'HAND DRAWN' BOXES



INTERSECTIONS



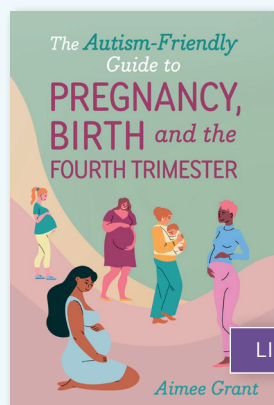
How to Save Your Own Life

A Guide to Recovering from
an Eating Disorder as an
Autistic Person

Rachel Clark

DEC 2025 | ISBN-9781805019022 |
£14.99 | TRADE PAPERBACK | 224PP

INTERSECTIONS



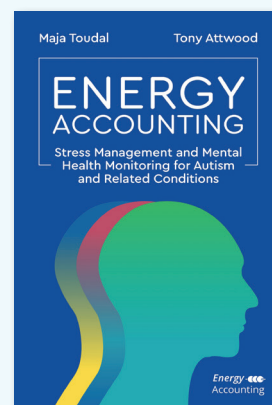
The Autism-Friendly Guide to Pregnancy, Birth and the Fourth Trimester

Aimee Grant

The ultimate, autism-friendly guide
to pregnancy, birth, the fourth
trimester and beyond.

SEP 2025 | ISBN-9781839978609 |
£19.99 | TRADE PAPERBACK | 368PP

LIFE STAGES

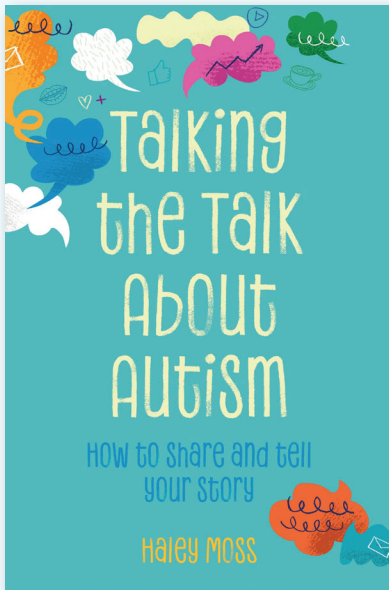


Energy Accounting Stress Management and Mental Health Monitoring for Autism and Related Conditions

Maja Toudal and Tony Attwood

The go-to-guide to exploring what
Energy Accounting is, how it can
benefit autistic individuals and
others seeking stress management,
and how it can be implemented into
everyday life.

DEC 2024 | ISBN-9781787757752 |
£24.99 | TRADE PAPERBACK | 256PP |
22 FIGURES



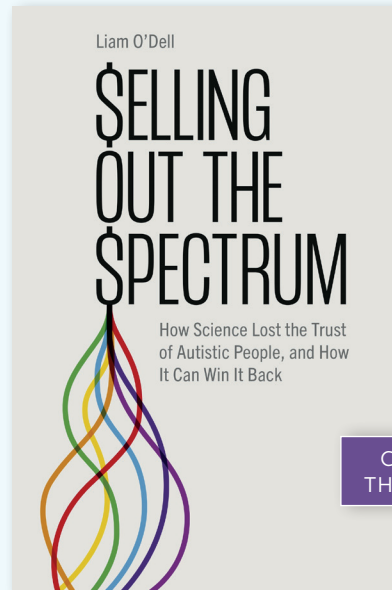
Talking the Talk About Autism

How to Share and Tell Your Story

Haley Moss

The ultimate guide to discussing an autism diagnosis in personal and professional spaces, with advice for both parents and autistic individuals themselves.

NOV 2024 | ISBN-9781839978562 | £14.99 | TRADE PAPERBACK | 224PP



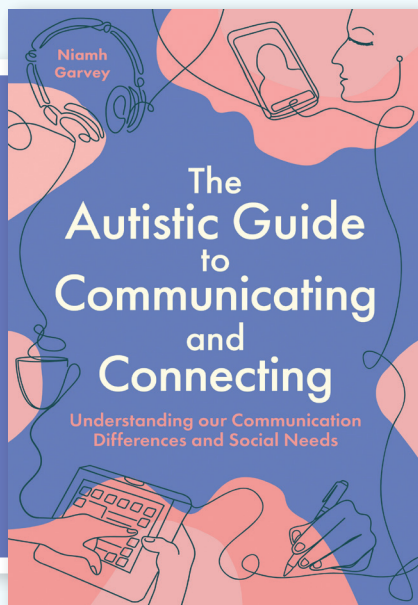
Selling Out the Spectrum

How Science Lost the Trust of Autistic People, and How It Can Win It Back

Liam O'Dell

Couched in the problematic relationship between science and disability, this is a deep-dive into how researchers have lost the trust of the autistic community and what they need to do to win it back.

NOV 2024 | ISBN-9781839976261 | £13.99 | TRADE PAPERBACK | 240PP



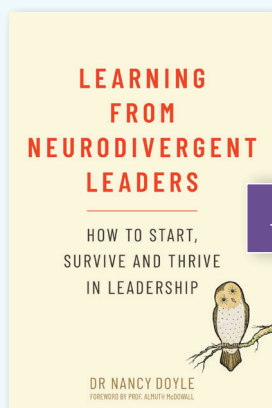
The Autistic Guide to Communicating and Connecting

Understanding Our Communication Differences and Social Needs

Niamh Garvey

Strategies to help autistic people feel safe and prepared in social situations

AUG 2025 | ISBN-9781805012580 | £15.99 | TRADE PAPERBACK | 288PP



CHALLENGING
THE STATUS QUO

Learning from Neurodivergent Leaders

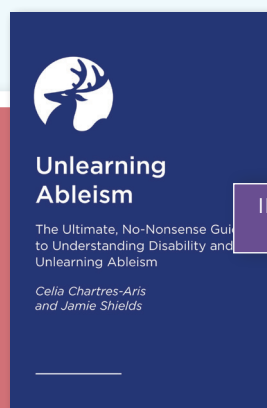
How to Start, Survive and Thrive in Leadership

Nancy Doyle

Foreword by Professor Almuth McDowall

Book explaining the fundamentals of leadership to neurodivergent leaders and would-be leaders.

FEB 2025 | ISBN-9781805011422 | £16.99 | TRADE PAPERBACK | 304PP



INCLUDES PHYSICAL
DISABILITIES

Unlearning Ableism

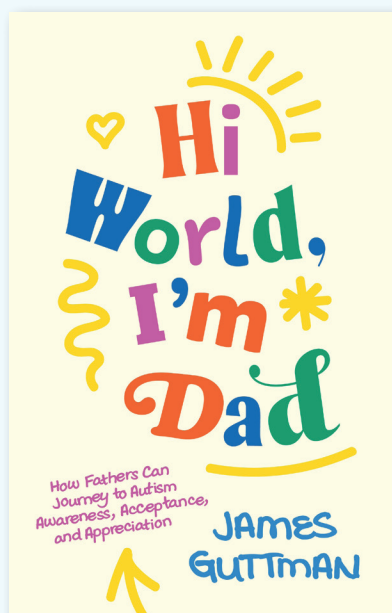
The Ultimate, No-Nonsense Guide to Understanding Disability and Unlearning Ableism

Celia Chartres-Aris and Jamie Shields

The ultimate real-world guide on tackling ableism, head on.

OCT 2025 | ISBN-9781805018759 | £16.99 | TRADE PAPERBACK | 320PP

PARENTING



Hi World, I'm Dad

How Fathers Can Journey to Autism Awareness, Acceptance, and Appreciation

James Guttman

A compelling look at parenting an autistic child, written from the perspective of a dad who has made the journey from no awareness of autism, through to actively embracing its role in his life

JUN 2025 | ISBN-9781805014249 | £13.99 | TRADE PAPERBACK | 208PP

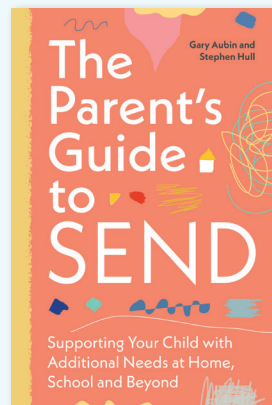
The Parent's Guide to SEND

Supporting Your Child with Additional Needs at Home, School and Beyond

Gary Aubin and Stephen Hull
Foreword by Andy Kirkpatrick

A one-stop handbook for parents of children with SEND, answering all your questions to navigating life at home and at school.

MAR 2025 | ISBN-9781805010456 | £15.99 | TRADE PAPERBACK | 240PP



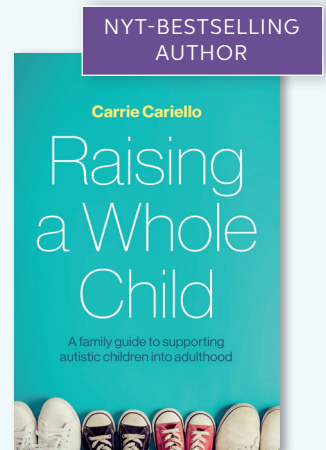
Raising a Whole Child

A Family Guide to Supporting Autistic Children into Adulthood

Carrie Cariello

An engaging lived-experience guide for parents of autistic children navigating the journey from teenage years into adulthood.

MAY 2025 | ISBN-9781805011118 | £14.99 | TRADE PAPERBACK | 176PP



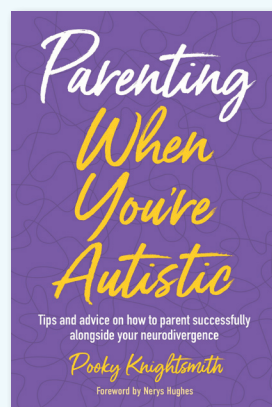
Parenting When You're Autistic

Tips and Advice on How to Parent Successfully Alongside Your Neurodivergence

Pooky Knightsmith
Foreword by Nerys Hughes

The first book to look at how being autistic yourself affects your parenting and give practical tips to support autistic parents.

SEP 2024 | ISBN-9781839978784 | £14.99 | TRADE PAPERBACK | 320PP



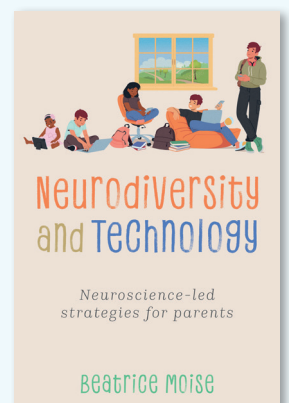
Neurodiversity and Technology

Neuroscience-Led Strategies for Parents

Beatrice Moise

Figuring out appropriate technology use is a huge issue for many parents, and for those with neurodiverse children it can be an even more complex. In this practical and non-judgemental book, Beatrice Moise uses lived experience to provide supportive advice around how to engage with technology in a positive way.

MAR 2025 | ISBN-9781805012252 | £15.99 | TRADE PAPERBACK | 176PP | 1X B&W ILLUSTRATION



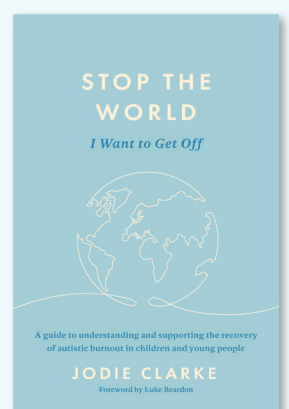
Stop the World I Want to Get Off

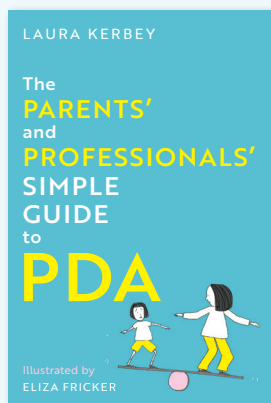
A Guide to Understanding and Supporting the Recovery of Autistic Burnout in Children and Young People

Jodie Clarke
Foreword by Luke Beardon

A guide to autistic burnout in children and young people from renowned autistic autism consultant and researcher Jodie Clarke.

JAN 2025 | ISBN-9781805012559 | £14.99 | TRADE PAPERBACK | 160PP



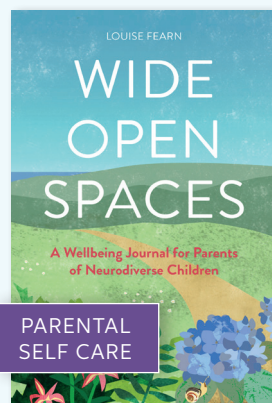


The Parents' and Professionals' Simple Guide to PDA

Eliza Fricker and Laura Kerbey

Short, introductory guide to PDA providing basic information on the condition and helpful ways to support a PDA child and their family.

SEP 2025 | ISBN-9781805018117 | £12.99 | TRADE PAPERBACK | 128PP | 45 BLACK AND WHITE ILLUSTRATIONS



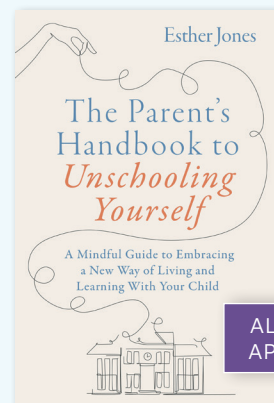
Wide Open Spaces

A Wellbeing Journal for Parents of Neurodiverse Children

Louise Fearn

A healing journal for parents of neurodiverse children focusing on refuelling, self-regulation and real self-care.

JAN 2025 | ISBN-9781805013013 | £15.99 | TRADE PAPERBACK | 272PP | 39 BLACK AND WHITE ILLUSTRATIONS



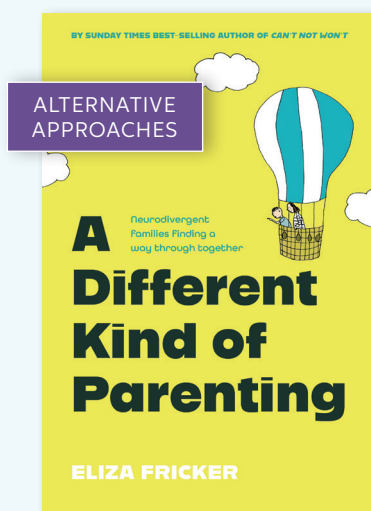
The Parent's Handbook to Unschooling Yourself

A Mindful Guide to Embracing a New Way of Living and Learning With Your Child

Esther Jones

What every parent needs to make the transition from school to unschool as smooth as possible.

AUG 2025 | ISBN-9781805012757 | £15.99 | TRADE PAPERBACK | 272PP | 2 ICONS



A Different Kind of Parenting

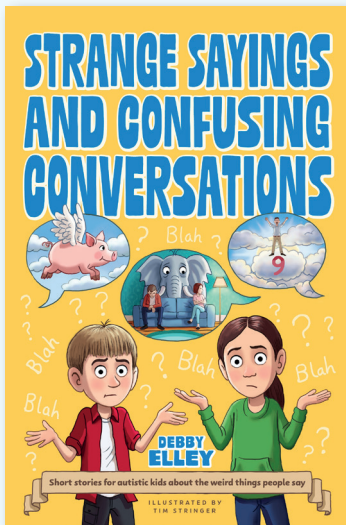
Neurodivergent Families Finding a Way Through Together

Eliza Fricker

An open, honest and heartfelt look into parenting neurodivergent children from The Sunday Times bestselling author, Eliza Fricker.

OCT 2024 | ISBN-9781805012955 | £12.99 | TRADE PAPERBACK | 144PP | 60 BLACK AND WHITE ILLUSTRATIONS





Strange Sayings and Confusing Conversations

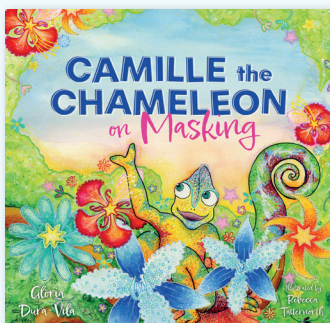
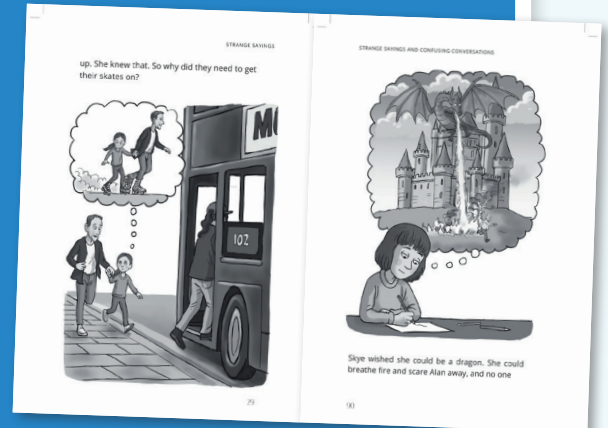
A DOUBLE EMPATHY APPROACH

Short Stories for Autistic Kids
About the Weird Things
People Say

Debby Elley

Welcome to the ultimate confusion-busting guide to slang, sarcasm and idioms for autistic children aged 8-12.

MAY 2025 | ISBN-9781805018179 | £12.99 | TRADE PAPERBACK | 128PP | 20 B&W
FROM 8 YEARS TO 12 YEARS



Camille the Chameleon on Masking

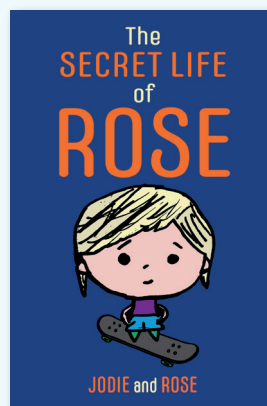
How to Stop Masking and
Discover Your Awesome
Autistic Self

Gloria Dura-Vila

Illustrated by Rebecca Tatternorth

Learn from Camille the Chameleon why it's always best to let your true autistic colours shine through in this beautifully illustrated picture book for autistic children aged 6+.

JAN 2025 | ISBN-9781805011033 | £12.99 | HARDBACK | 40PP | FULLY ILLUSTRATED COLOUR PICTURE BOOK
FROM 6 YEARS TO 12 YEARS



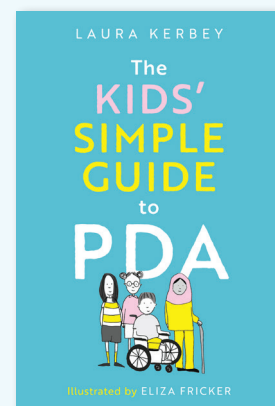
The Secret Life of Rose

Jodie Clarke & Rose Smitten

Foreword by Luke Beardon

Are you autistic and wondering what that means? This book will help you understand! Written by an 11 year old autistic girl and her mum, who is an autism specialist, this book explains some of the key parts of autistic life in a way that actually makes sense

AUG 2024 | ISBN-9781805010425 | £9.99 | TRADE PAPERBACK | 80PP | 12 COLOUR ILLUSTRATIONS
FROM 7 YEARS TO 14 YEARS



The Kids' Simple Guide to PDA

Laura Kerbey and Eliza Fricker

Illustrated by Eliza Fricker

Short, introductory guide to PDA providing basic information on the condition, helping children understand why a sibling or friend may be struggling, and what they and others can do to help.

SEP 2025 | ISBN-9781805018155 | £11.99 | TRADE PAPERBACK | 64PP | 52 BLACK AND WHITE ILLUSTRATIONS
FROM 7 YEARS TO 9 YEARS

Ready Eddie GO!

Eddie sometimes finds things tricky. He understands that you do too, and he's here to help you figure out a way through the tough stuff! Using characters from the *Ready, Eddie, Go!* TV show, books in this series tackle some of the experiences autistic children may find challenging, and provide gentle guidance by learning what to expect visually.

'a neuro-affirming and beautifully presented book series' Niamh Garvey, autistic author of the children's book *"Being Autistic (and what that actually means)"*

BASED ON THE
SKY TV SERIES



Ready Eddie Go! Boardgames

Learning All About Winning and Losing!

Nikki Saunders

OCT 2024 | ISBN-9781805013136 | £9.99 | HARDBACK | 48PP | 50 COLOUR ILLUSTRATIONS
FROM 5 YEARS TO 8 YEARS



Ready Eddie Go! Painting

Having Fun With Mess and Mistakes!

Nikki Saunders

OCT 2024 | ISBN-9781805013273 | £9.99 | HARDBACK | 48PP | 50 COLOUR ILLUSTRATIONS
FROM 5 YEARS TO 8 YEARS

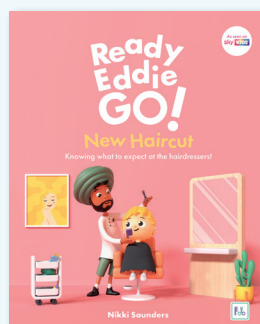


Ready Eddie Go! The Birthday Party

Finding out About Parties with Friends!

Nikki Saunders

OCT 2024 | ISBN-9781805013297 | £9.99 | HARDBACK | 48PP | 50 COLOUR ILLUSTRATIONS
FROM 5 YEARS TO 8 YEARS



Ready Eddie Go! New Haircut

Knowing What to Expect at the Hairdressers!

Nikki Saunders

OCT 2024 | ISBN-9781805013310 | £9.99 | HARDBACK | 48PP | 50 COLOUR ILLUSTRATIONS
FROM 5 YEARS TO 8 YEARS

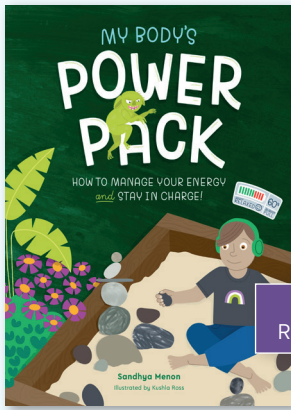


Ready Eddie Go! Dressing Up

Playing Pretend and Trying New Ideas!

Nikki Saunders

OCT 2024 | ISBN-9781805013334 | £9.99 | HARDBACK | 48PP | 50 COLOUR ILLUSTRATIONS
FROM 5 YEARS TO 8 YEARS



SENSORY
REGULATION

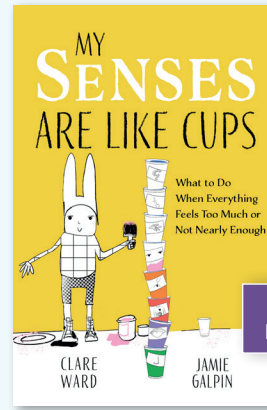
My Body's Power Pack

How to Manage your Energy and Stay in Charge!

Sandhya Menon

You know how sometimes you feel all charged up, great and in control, and other times you feel like you just CAN'T, where those emotions grow and come crashing down? *My Body's Power Pack* explains why that happens, what can help and how you can beat those Dremlins when they come along!

AUG 2025 | ISBN-9781805018254 | £14.99 | HARDBACK | 32PP | FULLY ILLUSTRATED
FROM 5 YEARS TO 10 YEARS



SENSORY
REGULATION

My Senses Are Like Cups

What to Do When Everything Feels Too Much or Not Nearly Enough

Clare Ward and Jamie Galpin

A simple guided workbook for kids - sensory regulation is like knowing if a cup is overflowing or empty - so let's fill your senses cups to help you feel just right!

AUG 2024 | ISBN-9781839978470 | £14.99 | TRADE PAPERBACK | 128PP | 60-100 BLUE AND BLACK LINE DRAWINGS
FROM 7 YEARS TO 9 YEARS

2ND EDITIONS OF THE BESTSELLING SENSORY REGULATION GUIDES

The Kids' Guide to Staying Awesome and In Control

2ND EDITION

Lauren Brukner

Illustrated by Rebecca Burgess

Updated edition of renowned author Lauren Brukner's bestselling guide to emotional regulation for children.

AUG 2025 | ISBN-9781805017585 | £13.99 | HARDBACK | 128PP | BLACK AND WHITE ILLUSTRATIONS
FROM 7 YEARS TO 14 YEARS



How to Be a Superhero Called Self-Control

2ND EDITION

Lauren Brukner

Illustrated by Rebecca Burgess

Updated edition of renowned author Lauren Brukner's bestselling guide to coping with difficult feelings for children aged 7+

NOV 2025 | ISBN-9781805017554 | £15.99 | HARDBACK | 112PP | BLACK AND WHITE ILLUSTRATIONS.
FROM 7 YEARS TO 14 YEARS



Different Like Us!

Inspiring Real-Life Stories from Kids Everywhere

Margaret Rooke

An inspirational, empowering book about what it's like to feel different, for children and teens

JUL 2025 | ISBN-9781805012924 | £13.99 | TRADE PAPERBACK | 240PP |
ILLUSTRATIONS OF THE CHILDREN WHO CONTRIBUTED - B&W
FROM 8 YEARS TO 12 YEARS



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Bundle spotlight!

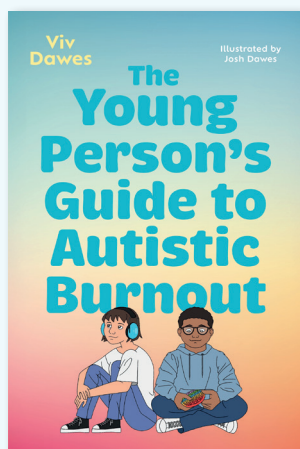
Looking to buy the whole collection of JKP favourites by Kathy Hoopmann?

Packed with colourful photos of cute animals, especially to celebrate you or your child's neurodivergent traits!

~~£64.95~~
£54.99



STORE
EXCLUSIVE



The Young Person's Guide to Autistic Burnout

Viv Dawes

A supportive illustrated guide helping autistic teens manage and prevent burnout.

JUL 2025 | ISBN-9781805017325 | £12.99 | TRADE PAPERBACK | 128PP | 24 BLACK AND WHITE ILLUSTRATIONS
FROM 14 YEARS TO 17 YEARS



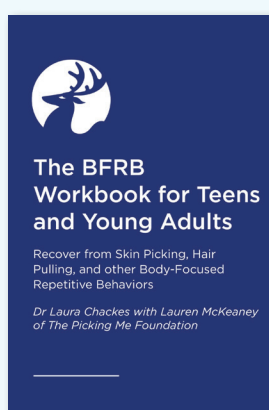
The BFRB Workbook for Teens and Young Adults

Recover from Skin Picking, Hair Pulling, and other Body-Focused Repetitive Behaviors

Dr Laura Chackes with Lauren McKeaney of The Picking Me Foundation

The first workbook for teens and young adults with BFRBs, including a 10-week plan for recovery.

DEC 2025 | ISBN-9781805018650 | £16.99 | TRADE PAPERBACK | 160PP | B/W FIGURES
FROM 12 YEARS TO 19 YEARS



The #ActuallyAutistic Guide to Building Independence

A Handbook for Teens, Young Adults, and Those Who Care About Them

Jennifer Brunton and Jenna Gensic

The #ActuallyAutistic community is here with empowering and practical advice to help Autistic teens and young adults build independence, and show those who support them how to become strong, knowledgeable allies.

OCT 2024 | ISBN-9781805010005 | £15.99 | TRADE PAPERBACK | 240PP
FROM 16 YEARS TO 21 YEARS



The ADHD Teen Survival Guide

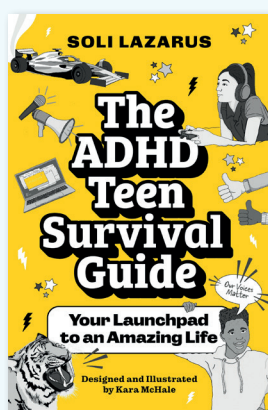
Your Launchpad to an Amazing Life

Soli Lazarus

Illustrated by Kara McHale

A positive, affirming guide to teen life featuring the voices of teenagers with ADHD talking about their experiences and offering tips and strategies.

NOV 2024 | ISBN-9781839976636 | £12.99 | PAPERBACK | 128PP | 2-COLOUR YELLOW AND BLACK STYLE
FROM 12 YEARS TO 99 YEARS

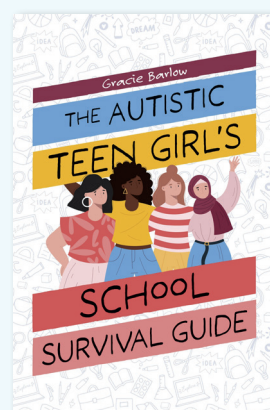


The Autistic Teen Girl's School Survival Guide

Gracie Barlow

The school survival guide for autistic teenage girls, written by someone who gets it.

FEB 2025 | ISBN-9781805012344 | £12.99 | TRADE PAPERBACK | 128PP
FROM 12 YEARS TO 18 YEARS



A Study Skills Survival Guide for Neurodivergent Learners

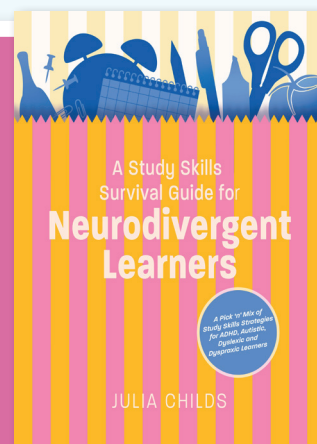
STUDY GUIDES

A Pick 'N' Mix of Study Skills Strategies for ADHD, Autistic, Dyslexic and Dyspraxic Learners

Julia Childs

The ultimate pick 'n' mix study guide filled with strategies and templates from timetables to summaries and doodle boxes with something for EVERY neurodivergent brain to choose from and develop the best study skills skillset for their brain.

SEP 2025 | ISBN-9781805011859 | £18.99 | TRADE PAPERBACK | 253PP | 48 BLACK AND WHITE ICONS AND DIAGRAMS
FROM 12 YEARS TO 18 YEARS



Finding Joy in Studying

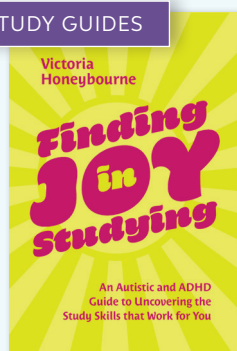
An Autistic and ADHD Guide to Uncovering the Study Skills that Work for You

Victoria Honeybourne

An empowering guide to revolutionise how Autistic and ADHD students (age 14+) study - putting them in the driver's seat as the experts of their own brains.

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STUDY GUIDES



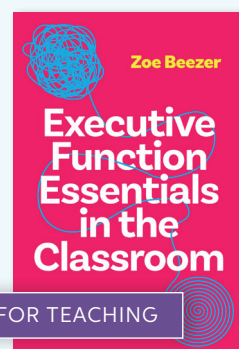
Executive Function Essentials in the Classroom

Strategies to Support Learning and Growth

Zoe Beezer

A guide for teachers on how to support students struggling with their executive functions with strategies for the classroom, as well as activities for pupils and guides for parents.

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The Teacher's Guide to Understanding and Supporting Children with Literacy Difficulties In The Classroom

Valerie Muter

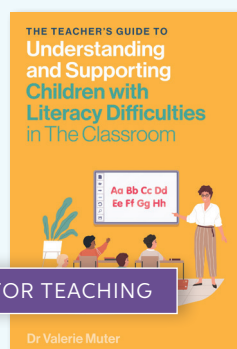
The teachers' guide to supporting the learning of a child with literacy difficulties from a leading psychologist in the field

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THE TEACHER'S GUIDE TO
Understanding and Supporting
Children with
Literacy Difficulties
in The Classroom

FOR TEACHING

Dr Valerie Muter



Creating a Neurodiversity-Affirming Classroom

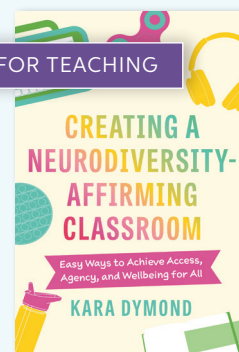
Easy Ways to Achieve Access, Agency and Wellbeing for All

Kara Dymond

Clear, practical guidance for educators on how to partner with students to help find personal and whole class strategies to meet their unique needs.

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FOR TEACHING



The Neurodiversity Affirmative Child Autism Assessment Handbook

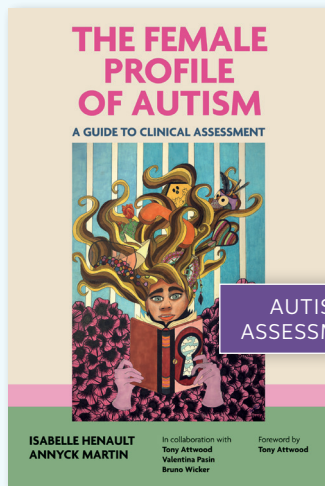
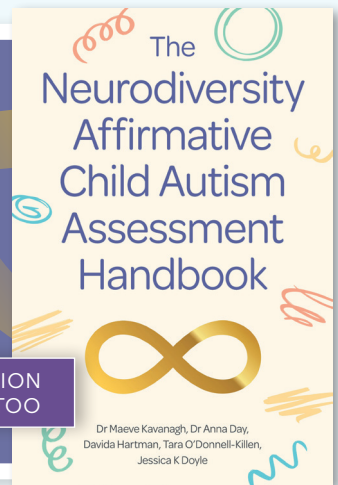
Dr Maeve Kavanagh, Dr Anna Day, Davida Hartman, Tara O'Donnell-Killen and Jessica K Doyle

The first handbook on neuro-affirmative child autism assessment, written by a group of qualified psychologists and Autistic experience advocates, who are neurodivergent themselves.

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ASSESSMENT

ADULT VERSION
AVAILABLE TOO



AUTISM
ASSESSMENT

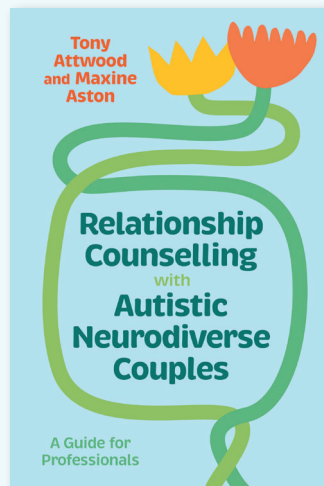
The Female Profile of Autism

A Guide to Clinical Assessment

Isabelle Hénault and Annyck Martin in collaboration with Tony Attwood, Valentina Pasin and Bruno Wicker

A comprehensive guide to Autism in women covering clinical diagnosis, self-diagnosis, common characteristics and lived-experiences from Autistic females.

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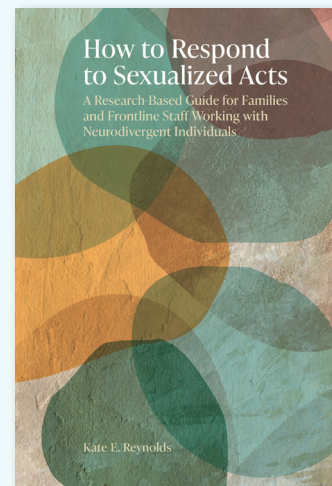
Relationship Counselling with Autistic Neurodiverse Couples

A Guide for Professionals

Tony Attwood and Maxine Aston

A professional guide considering the effectiveness of couples counselling for couples where one or both parties are autistic and how to improve therapeutic practice.

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How to Respond to Sexualized Acts

A Research-Based Guide for Families and Frontline Staff Working with Neurodivergent Individuals

Kate E. Reynolds

In this clear-sighted and research-based guide Kate Reynolds delivers preventive and responsive tools that can be used to help neurodivergent individuals who engage in sexualized acts in childhood through to adulthood before referral to psychiatric services or involvement of law enforcement.

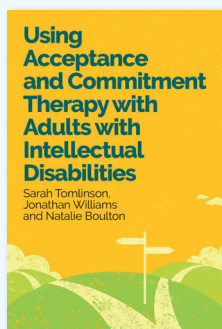
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Using Acceptance and Commitment Therapy with Adults with Intellectual Disabilities

Sarah Tomlinson, Jonathan Williams and Natalie Boulton

The first guide to adapting ACT for working with adults with intellectual disabilities and their support network

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Building Social Awareness in Autistic Children and their Peers Using Minecraft®

A Step by Step Guide to Running Neurodiversity-Affirming Groups

REVISED EDITION

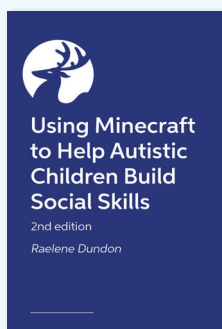
Raelene Dundon

Illustrated by Chloe-Amber Scott and Jessica Scott

Fully updated with a fresh emphasis on neuro-affirmative language and practice, this is ??

The definitive guide to using Minecraft® as a tool for supporting interactions for neurodivergent children and their peers.

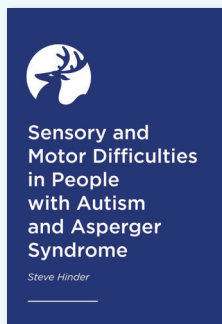
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Steve Hinder

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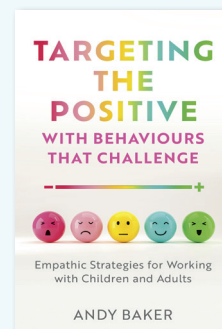
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Empathic Strategies for Working with Children and Adults

Andy Baker

A comprehensive book to enable and encourage those who support, care for, or engage with individuals who may have behavioural challenges to focus on understanding, planning, prevention, and responding-not reaction.

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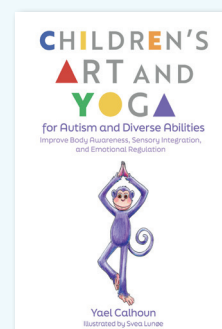
Children's Art and Yoga for Autism and Diverse Abilities

Improve Body Awareness, Sensory Integration, and Emotional Regulation

Yael Calhoun

A fun and experiential art and yoga program to increase body awareness and emotional/sensory regulation in children.

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All About Neurodiversity

The Card Deck

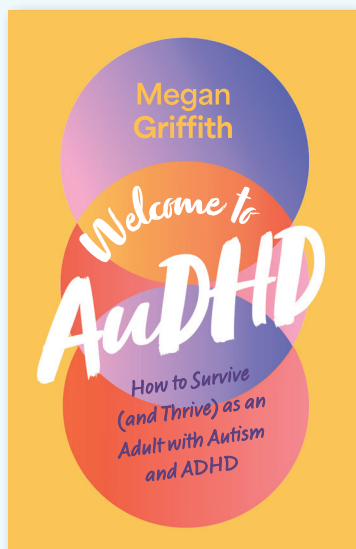
Kathy Hoopmann, Tony Attwood and Michelle Garnett

100 therapeutic cards exploring neurodivergent identity, accompanied by a short user guide.

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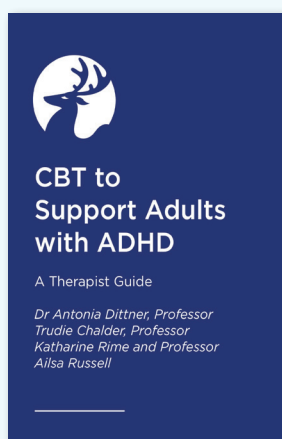
Welcome to AuDHD

The Ultimate Guide to Thriving as an Autistic ADHD Adult

Megan Griffith

The first lived-experience guide to navigating life as an 'AuDHDer' adult from a popular auDHD life coach

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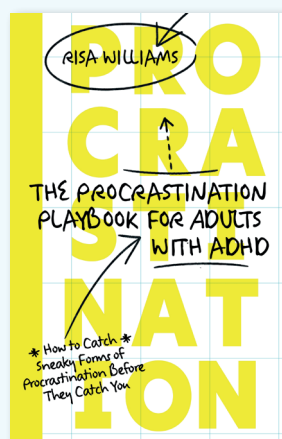
CBT to Support Adults with ADHD

A Therapist Guide

Dr Antonia Dittner, Professor
Trudie Chalder, Professor
Katharine Rime and Professor
Ailsa Russell

This practical guide for clinicians presents an approach for delivering individually tailored CBT for ADHD adults.

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The Procrastination Playbook for Adults with ADHD

How to Catch Sneaky Forms of Procrastination Before They Catch You

Risa Williams

An interactive workbook to help adults with ADHD understand and avoid the procrastination fog.

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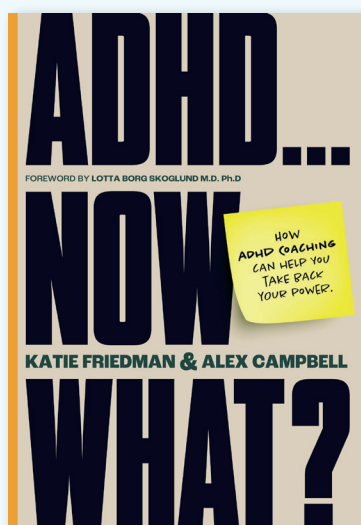
How An ADHD Diagnosis Changed My Life

Alex Partridge

A blend of lived experience and expert insight, this deep dive into ADHD has the power to change your life.

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How ADHD Coaching Can Help You Take Back Your Power

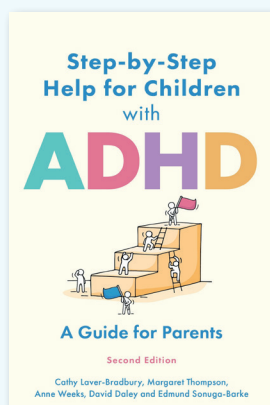
Katie Friedman & Alex Campbell

Foreword by Lotta Borg Skoglund

A resource and roadmap to support late-diagnosed adults with ADHD understand the value and positive impact of ADHD coaching as part of their discovery journey

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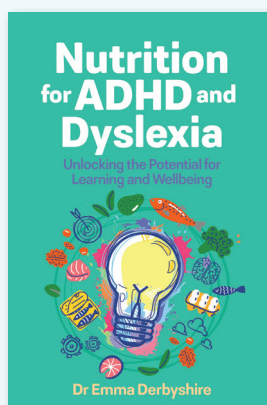
A Guide for Parents

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Cathy Laver-Bradbury, Margaret Thompson, Anne Weeks, David Daley and Edmund Sonuga-Barke

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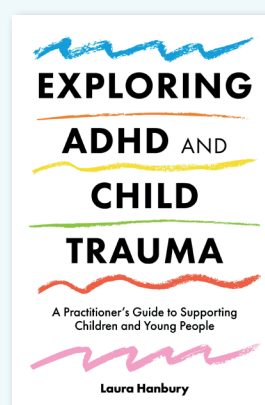
Nutrition for ADHD and Dyslexia

Unlocking the Potential for Learning and Wellbeing

Emma Derbyshire

A reader-friendly guide to the role of nutrition in ADHD and dyslexia

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Exploring ADHD and Child Trauma

A Practitioner's Guide to Supporting Children and Young People

Laura Hanbury

A practical guide for professionals working with children, including those in care, which offers reflective approaches to understanding the connections between ADHD symptoms, survival strategies and trauma responses in children.

AUG 2025 | ISBN-9781785925207 | £27.99 | TRADE PAPERBACK | 224PP

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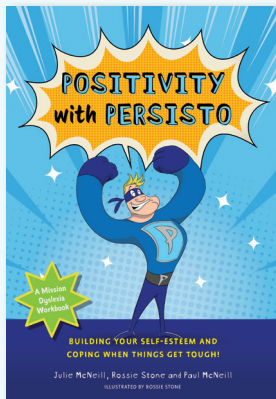


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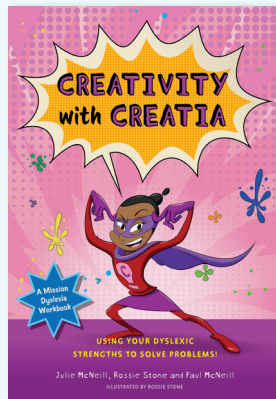
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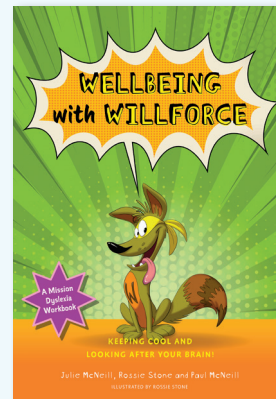
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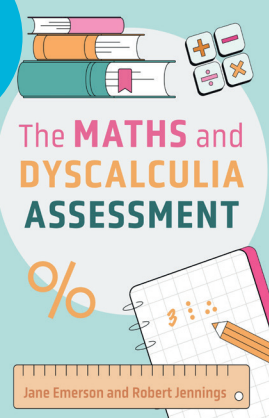
Jane Emerson and Robert Jennings

Illustrated by Joe Latham

A comprehensive and accessible Dyscalculia and Maths difficulties assessment tool for students aged between 6 to 18, that can be used by maths teachers, teaching assistants, qualified maths assessors, as well as by parents at home.

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friendly text
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The Amazing Talents, Skills and Everyday Life of Children with Dyspraxia

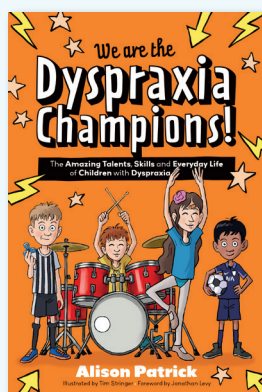
Alison Patrick

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Foreword by Jonathan Levy

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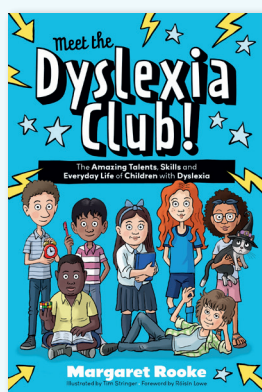
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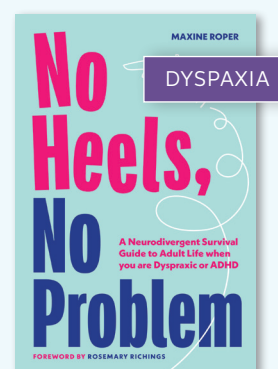
A Neurodivergent Survival Guide to Adult Life when you are Dyspraxic or ADHD

Maxine Roper.

Foreword by Rosemary Richings

A survival guide for dyspraxic and ADHD women with practical tips and insights from a lived-experience author drawing from their own experiences.

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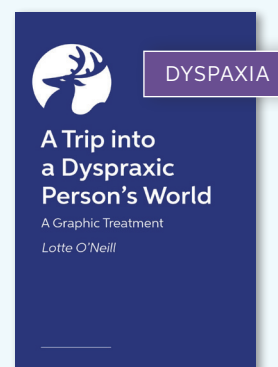
A Trip into a Dyspraxic Person's World

Charlotte O'Neill

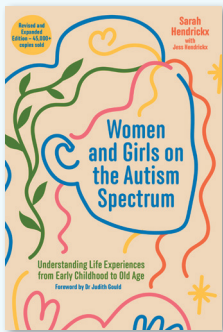
Illustrated by Charlotte O'Neill

A cartoon book for kids age 8+ about being dyspraxic written by a young dyspraxic author.

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Understanding Life Experiences from Early Childhood to Old Age

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Sarah Hendrickx

Foreword by Judith Gould

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The Family Experience of PDA

An Illustrated Guide to Pathological Demand Avoidance

Eliza Fricker

Illustrated by Eliza Fricker

Foreword by Ruth Fidler

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The Spectrum Girl's Survival Guide

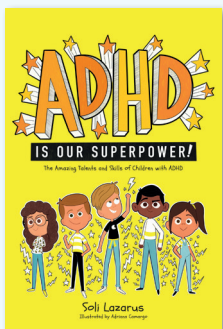
How to Grow Up Awesome and Autistic

Siena Castellon

Foreword by Temple Grandin

The ultimate go-to guide for autistic teenage girls, written by a multi-award-winning and internationally recognised teen autism campaigner

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FROM 12 YEARS TO 18 YEARS



ADHD Is Our Superpower

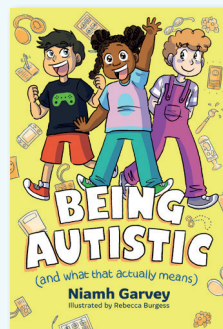
The Amazing Talents and Skills of Children with ADHD

Soli Lazarus

Illustrated by Adriana Camargo

An illustrated book that explains aspects of ADHD to children in a positive and empowering way

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FROM 7 YEARS TO 11 YEARS



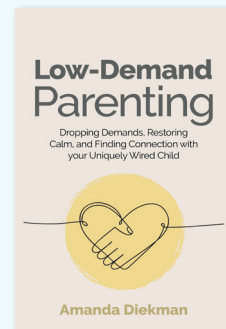
Being Autistic (And What That Actually Means)

Niamh Garvey

Illustrated by Rebecca Burgess

Everything children aged 8-12 need to know about being autistic

JUL 2024 | ISBN9781805011712 | £10.99 | TRADE PAPERBACK | 160PP | 210 BLACK AND WHITE SPOT ILLUSTRATIONS THROUGHOUT
FROM 8 YEARS TO 12 YEARS



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