



RECOMMENDED MEDIA: FIRST-PERSON ACCOUNTS OF AUTISM

The following are written/created by or from the perspective of a person with autism. These people and characters represent a large range of strengths, challenges, abilities, and ways of communicating.

Books

Non-Fiction: Autobiographies and Memoirs

- *The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism* by Naoki Higashida
- *Thinking in Pictures: My Life with Autism* by Temple Grandin
- *Look Me in the Eye: My Life with Asperger's* by John Elder Robison
- *Nobody Nowhere: The Extraordinary Autobiography of an Autistic* by Donna Williams
- *Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence* by Luke Jackson & Tony Attwood
- *Ido in Autismland* by Ido Kedar; also a blog: <http://idoinautismland.com>
- *Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome* by Stephen Shore

Fiction: Novels

- *M is for Autism* by The Students of Lingsfield Grange School & Vicky Martin
- *The Rosie Project & The Rosie Effect* by Graeme Simsion
- *The Curious Incident of the Dog in the Nighttime* by Mark Haddon*
- *Marcelo in the Real World* by Francisco Stork*

*The main characters of these books have autistic-like traits and are thought by many to have autism, but no formal diagnosis is stated in the books.

Blogs

- Musings of an Aspie: <https://musingsofanaspie.com>
- Autistic Hoya: <http://www.autistichoya.com>
- Rudy Simone: <http://www.rudysimone.net/blog/>; <http://www.help4aspergers.com/index.html>
- AANE Blog: <http://www.aanenetwork.org>
- Dillan Barmache: <https://typing4change.com>; <https://youtu.be/oMN2PeFama0>; <https://youtu.be/UTx12y42Xv4>

Videos

- Asperger's Are Us: Available on Netflix, Amazon, and iTunes
- Speechless with Carly Fleischmann: https://www.youtube.com/channel/UCeKKQIMB1NeOLN31_CSJFRQ
- Asperger's Girl | Anja Melissa: https://www.youtube.com/channel/UC_Kuw4Ny3LdIik0I36Oojbg/videos
- Disclosure Stories | AANE: <https://www.youtube.com/watch?v=OkEexU9hbmK>
- In Our Own Words | AANE: <https://www.youtube.com/watch?v=puEuF8uPv0c>
- Different kinds of minds | Temple Grandin: <https://www.youtube.com/watch?v=aF4sP-uC-yI>
- Autism: Give me a chance and I will change everything | Noah Britton: <https://www.youtube.com/watch?v=RkD9d8qzB-g>
- Forget what you know | Jacob Barnett: <https://www.youtube.com/watch?v=Uq-FOOQ1TpE>
- How autism freed me to be myself | Rosie King: <https://www.youtube.com/watch?v=iQ95xlZeHo8>
- Autism: How my unstoppable mother proved the experts wrong | Chris Varney: <https://www.youtube.com/watch?v=T1HQKB2txqY>
- "Aspergers" : Not what you think it is | Krister Palo: <https://www.youtube.com/watch?v=inxIM1aGvZY>

Forums

- Autistic Self Advocacy Network: <http://autisticadvocacy.org>
- Asperger Syndrome LiveJournal Community: <http://asperger.livejournal.com>
- ThAutcast: <https://www.facebook.com/thautcast/home>; <http://www.thAutcast.com>