

Foreword. Preface. Introduction. 1. Finding Your Tribe, Maura Campbell (Killyleagh, County Down, Northern Ireland). 2. Growing up on the Spectrum, Jen Elcheson (Prince George, British Columbia, Canada) & Barb Cook (Sunshine Coast, Queensland, Australia). 3. Identity: A Beautiful Work in Progress, Artemisia (Planet Earth, Galaxy: Milky Way). 4. Diversity: Gender, Intersectionality and Feminism, Catriona Stewart (Dunblane, Stirlingshire, Scotland, United Kingdom). 5. Personal Relationships, Jen Elcheson (Prince George, British Columbia, Canada) & Anita Lesko (Pensacola, Florida, USA). 6. Socializing, Anxiety and Addictions, Barb Cook (Sunshine Coast, Queensland, Australia). 7. Personal Safety, Liane Holliday Willey (Michigan, USA). 8. A Real Parent, Samantha Craft (Olympia, Washington, USA). 9. Independence, Barb Cook (Sunshine Coast, Queensland, Australia). 10. Promoting Positive Employment, Jeanette Purkis (Canberra, Australian Capital Territory, Australia). 11. Our Sensory Worlds, Kate Ross (Gloucestershire, England, United Kingdom), Jen Elcheson (Prince George, British Columbia, Canada) & Barb Cook (Sunshine Coast, Queensland, Australia). 12. Communication, Becca Lory (Long Island, New York, USA). 13. Emotional Regulation, Renata Jurkevithz (Eriskirch, Baden-Württemberg, Germany). 14. Executive Functioning, Terri Mayne (Nottingham, England, United Kingdom), Maura Campbell (Killyleagh, County Down, Northern Ireland) & Kate Ross (Gloucestershire, England, United Kingdom). 15. General Health, Kate Ross (Gloucestershire, England, United Kingdom) & Anita Lesko (Pensacola, Florida, USA). 16. Autism and Co-Occurring Conditions, Anita Lesko (Pensacola, Florida, USA). 17. Considering Autistic Life and Mental Wellness, Dena Gassner (Long Island, New York, USA). 18. Self-Care, Becca Lory (Long Island, New York, USA), Catriona Stewart (Dunblane, Stirlingshire, Scotland, United Kingdom) & Kate Ross (Gloucestershire, England, United Kingdom). 19. Intense Interests, Christine Jenkins (Ottawa, Ontario, Canada) & Renata Jurkevithz (Eriskirch, Baden-Württemberg, Germany). 20. And Another Thing...