Reframe Psychology

Autism & ADHD — girls

Books that support identity, self-understanding, masking, school, friendships and strengths.

I Am an Autistic Girl
Danuta Bulhak-Paterson
AUTISM
A positive, child-friendly explanation of autism in girls, including difference, blending in, tiredness and individual strengths.

The Spectrum Girl's Survival Guide
Siena Castellon
TEENS
A practical, neurodiversity-aware guide for autistic girls and neurodivergent teenagers navigating school, friendships and self-care.

The Teenage Girl's Guide to Living Well with ADHD
Sonia Ali
ADHD
Helps teenage girls understand ADHD, notice strengths and develop practical strategies for school, relationships and everyday life.

ADHD Girls to Women
Lotta Borg Skoglund
ADHD
Explores ADHD across childhood, adolescence and adulthood, with attention to identity, relationships, hormones and everyday functioning.

Understanding ADHD in Girls and Women
Joanne Steer (ed.)
PARENTS
A parent and professional text combining clinical understanding with girls' and women's voices, support needs and talents.

Girl Unmasked
Emily Katy
MEMOIR
A lived-experience memoir that can help older girls and adults understand autistic identity, masking, belonging and self-acceptance.

Reframe additions are editorial recommendations, not endorsements or diagnostic guidance. These titles centre girls' experiences without reducing them to distress or missed diagnosis.