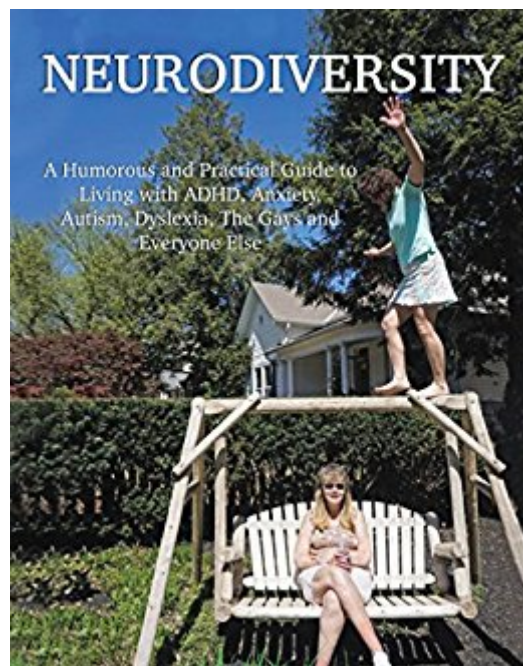


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# Neurodiversity:: A Humorous And Practical Guide To Living With ADHD, Anxiety, Autism, Dyslexia, The Gays, And Everyone Else



## Synopsis

Neurodiversity is the fact that neurological differences like Autism, ADHD, Dyslexia, etc. are natural human variations that have real benefits. The neurodiversity movement which values such human differences that were traditionally pathologized is gaining speed and no way do these authors want that train to go back to the station. Mule and Muse Productions (a fancy name for Lois and Barb respectively) is proud to contribute steam with this book written by Barb and Lois alternating chapters. Barb is a non-verbal autistic who is "disguised as a poor thinker" because her body does not reliably respond to what her brilliant mind tells it, she needs round the clock assistance to help her do basic things so people make all kinds of assumptions about her intelligence. But Barb found a way to earn a career, friends, a boyfriend, respect and a fulfilling life. Barb types one letter at a time painstakingly communicating her humanity and working "to make neurodiversity as common as juice stains in minivans." Her last book, which took 10 years to peck out, was about shattering pity with purpose. This book took 4 years. Like the neurodiversity movement, Barb's wit is gaining momentum. She typed, "Autism is my prism not my prison." This book is about creating equality with perspective and Barb gets "to play the normal this trip" as Lois has more of the traits in the title than Barb. Lois is an educational psychologist with real world stamina and training and a refreshingly powerful sense of humor. Lois writes about actual client experiences, psychological and neurological research and much of her own trials and errors to share what she has learned about ADHD, Anxiety, Autism, Dyslexia, and Homosexuality. The authors hope to entertain and educate readers about how different people think and why to encourage us all to lean in to our strengths. Barb and Lois are two characters who are friends and business partners who have two very different skill sets but have found a way to connect and lead joyous and productive lives - not despite of their "disabilities" but because of them. Barb's over-stimulated brain style fortifies the partnership with keen attention to detail and the patience of a retired Tibetan monk. Lois' under-stimulated ADHD and Dyslexically wired mind brings robust energy and big picture thinking. Barb typed, "Courage and connection are needed to give all gifts and is our collective purpose. You are not alone. We are going your way. Your differences are your ticket. Take the N train and share your strengths. May our shared experiences help you better understand how you and others process and speed locomotion."

## Book Information

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## **Customer Reviews**

This groundbreaking duo has done it again! With tenderness, hilariousness and humility Barb & Lois offer readers an inside look at personal and professional insights about life with ADHD, anxiety, autism, dyslexia, etc. that few are blessed or brave enough to know. Their irreverent humor is a good reminder that their ideas and suggestions, though simple and resonant, can and should be radical in application. It is, as the title says, both humorous and practical, as if you have the benefit of two wise big sisters who want you to feel that you are not alone and also happen to be eminent experts in their fields. The honest stories and sharp wit kept me wanting to turn the pages late into the night, and the universal themes made the book seem exciting and relevant at the same time. This is an important text for people who has given, questioned and lived with a label, and those just being introduced to them for the first time. It is an important and helpful read for anyone who aims to embrace individual differences at home, in school or at work.

This book is both intriguing and hilarious, I would definitely recommend it to anyone who enjoys expanding their awareness and understanding of the reality we live in!! The perspective of Lois and Barb on "disability" really opens up a new hope for those who struggle with an alienated/unique perception. They see it as just another step in human evolution, and should be addressed in that

manner. By changing the methodology of application, and applying an empathetic love, psychology evolves from curing a disability to teaching someone how to take advantage of their unique perception, and help other's simultaneously. Barb's concept of synergy is outstanding. Great book, by great people.

Probably their best work yet.

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Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS-1hour Life Coaching Session. Overcome Anxiety Today) Impossible Compassion: Utilizing Directed Compassion to Cure Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else

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