Contents

	Preface	xiii
ONE:	Neurodiversity: A Concept Whose Time Has Come	1
TWO:	Positive Niche Construction: Changing the World to Fit Your Neurodivergent Brain	16
THREE:	Autism: The Positive Side of Being on the Spectrum	31
FOUR:	ADHD: The Joy of the Hyperactive Brain	52
FIVE:	Dyslexia: A Different Kind of Learning	74
SIX:	Intellectual Disabilities: The Rainbow of Intelligences	94
SEVEN:	Major Depression and Bipolar Disorder: The Gift of Mood	116
EIGHT:	Anxiety Disorders: The Advantages of Being Wary	137
NINE:	Schizophrenia: Thinking in a Different Key	158
TEN:	The Versatile Classroom: Neurodiversity and Education	179
ELEVEN:	The Hiring of the Fittest: Neurodiversity in the Workplace	195
TWELVE:	The Future of Neurodiversity	213
Appendix A:	Adult Neurodiversity Strengths Checklist	225
Appendix B:	Glossary of Inner Resources	235
Appendix C:	Neurodiversity Resources	242
Notes		255
Index		287