

Jacquelyn's Book Recommendation: "*Different, Not Less*" by Chloé Hayden

The cover of this book says that it is a "neurodivergent's guide to embracing your true self and finding your happily ever after." I sincerely loved each chapter of this book. Hayden details her struggles with her educational journey and how she often felt like she was an "alien" on the wrong planet. What I love most about her writing is the real unapologetic bluntness. She explains how the world can be unfair, confusing, contradictory, and well...ableist. Hayden describes her life before and after she got her Autism and ADHD diagnosis. She puts an emphasis on the flawed education system and medical system. Although she has been through extreme challenges she has found a way to embrace her neurodivergence. Her book, "*Different, Not Less*" is full of advice, research, educational and relatable stories, love, laughter, sadness, and anger. It really is a phenomenal read if you do or do not have a neurodiverse condition/disability. If you are an audiobook lover, like myself, she narrates her own book on Audible.

Learn more about this fabulous change-maker on her own website:

<https://www.chloehayden.com.au/about-chloe>

Link to her book, "[Different, Not Less](#)", through her own website!

Search "Different, Not Less" on Amazon or Audible