

Self-help books on dyslexia for dyslexic adults

Work / employment			
Title	Author(s)	Published / ISBN	Details
Dyslexia: how to survive and succeed at work	Sylvia Moody	London, Vermilion 2006 Paperback 978-0091907082	Helps dyslexic adults to master organisational skills, manage a large workload, and cope with deadlines. Also shows how to improve confidence, deal with stress, and build on the creative talent that many dyslexics possess.
Dyslexia in the Workplace 2 nd revised edition	Diana Bartlett and Sylvia Moody	Wiley-Blackwell, 2010 978-0470683743	Comprehensive guide to how dyslexic adults in employment can improve their skills, and how their employers and other professionals can help.

General			
Title	Author(s)	Published / ISBN	Details
Making dyslexia work for you	Vicki Goodwin and Bonita Thomson	London, Routledge 2012 Paperback 978-0415597562 Hardback 978-0415597555	Includes lots of practical exercises to help the reader manage dyslexia. Includes a website with resources which can be printed off and completed: http://cw.routledge.com/textbooks/9780415597562 Aimed at dyslexic adults or anyone who thinks they might be dyslexic. Deliberately concise and easy to dip into. Identifies the key needs of adults and young people who are dyslexic, encourages them to put together their own package of ideas and

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			strategies for success, and much more.
The dyslexic advantage: unlocking the hidden potential of the dyslexic brain	Brock Eide and Fernette Eide	London, Hay House 2011 Paperback 978-1848506398 Hardback 978-1594630798	Prescriptive advice for parents, educators and dyslexics. Provides a complete portrait of dyslexia. Shows how the unique strengths of dyslexia can be used at home, school and work. Backed up with science and interviews. The authors of this book have a website: http://dyslexicadvantage.com
Understanding Dyslexia (Revised Edition)	Jill Hammond and Ruth MacPherson	Glasgow, Glasgow School of Art, 2007	Free to download from http://www.gsa.ac.uk/life/student-support-services/supporting-students-with-a-disability/understanding-dyslexia Tells you about the benefits of knowing that you are dyslexic. Gives information on the nature of dyslexia and how this is relevant to you as an individual. Helps you understand your assessment report. Advises on how to use this information positively. Intended as a starting point. Aimed at students in Higher Education but relevant for adults.
They are what you feed them: how food can improve your child's behaviour, mood and learning	Alex Richardson	London, Harper-Thorsons 2010 978-0007182251	Aimed at parents but relevant for dyslexic adults. Tells you about the relationship between diet, behaviour and learning with reference to dyslexia (and other specific learning difficulties). Gives detailed advice on omega 3 essential fatty acids in relation to dyslexia. Includes meal plans and recipes, along with guidance on other lifestyle

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			factors.
Understanding & managing dyslexia for dummies	Tracey Wood and Katrina Cochrane	Chichester, Wiley 2009 978-0470741320	Comprehensive and accessible. Aimed at parents of dyslexic children but helpful chapter on how to succeed with dyslexia in adulthood. Gives a survey of well-known dyslexia programmes and learning centres. Tells you how to recognise the signs and symptoms of dyslexia.
Tips for the dyslexic adult	Edited by Eorann Lean	Bracknell, British Dyslexia Association 2012 978-1-872653-57-0	Written by dyslexic adults for dyslexic adults. Provides information on what dyslexia is, what support is available, and self-help strategies. Includes guidance on advocacy.
The Dyslexic Adult - Interventions and Outcomes - An Evidence-based Approach 2 nd edition	David McLoughlin and Carol Leather	British Psychological Society and John Wiley & Sons Ltd., 2013 978-1-119-97393-5	Aimed at psychologists, teachers, coaches, HR personnel and all professionals who work with dyslexic adults. Definitive and evidence-based guide. Looks at dyslexia within the context of life span developmental psychology, including the factors that contribute to success. Gives guidance on assessment. Tells you how to support dyslexic adults in selection, training, education and employment. Also discusses co-occurring neuro-diverse conditions such as dyspraxia and dyscalculia.
The Dyslexic Adult in a Non-Dyslexic	Ellen Morgan and Cynthia Klein	John Wiley & Sons Ltd., 2000	Aimed at teachers, employers, careers advisers, counsellors and any others who work with, support

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World		978-1-86156-207-4	or live with dyslexic adults. Comprehensive look at the world of dyslexic adults based on personal experiences. Suggests strategies and creative solutions that make use of adult dyslexic strengths.
Positive Dyslexia	Roderick Nicolson	Rodin Books, 2015 Traditional book: 978-0993122705 ShowBook eBook: http://positivedyslexia.org/positive-dyslexia.html	Gives an overview of the book. Then discusses the strengths of dyslexia, the cause of dyslexia, and the cause of reading disability. Tells you how to thrive in school, work and society. Argues that dyslexic employees are a major resource for a successful society.
The Gift of Dyslexia 3 rd revised and expanded edition	Ronald D Davis and Eldon M Braun	Perigree Books, 2010 978-0399535666	Defines dyslexia. Discusses the difficulties dyslexic people have with letter recognition. Explains how dyslexics think and learn. Tells you about the Davis program, designed to help dyslexic people to succeed with reading.
In the Mind's Eye : Visual Thinkers - Gifted People with Dyslexia and Other Learning Difficulties	Thomas G West	Prometheus Books, 1997 978-1573921558	Examines the learning difficulties experienced by both famous and everyday people. Explores how recent research shows an association between visual talents and verbal difficulties. Probes new data on dyslexics to see how computers enhance the creative potential of visual thinkers.
Accessing Books - A Guide for Dyslexic Adults	Anonymous	Dyslexia Research Trust, 2014	A comprehensive self-help guide. Gives guidance on how dyslexic adults can engage with books. Free to download from http://bit.ly/13wIPvO

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			and http://www.seeingear.org/resources/dyslexia
Demystifying Dyslexia : Raising Awareness and Developing Support for Dyslexic Young People and Adults	Marysia Krupska and Cynthia Klein	London Language and Literacy Unit, 1995 978-1872972145	Practical and informative guide to dyslexia for students and adults.

Learning / study skills / spelling			
Title	Author(s)	Published / ISBN	Details
Dyslexia and Learning Style - A Practitioner's Handbook 2e	Tilly Mortimore	Chichester, Wiley 2008 978-0470511688	<p>Aimed at teachers but could be used for self-help.</p> <ul style="list-style-type: none"> • Provides an overview of the latest research into dyslexia and learning style. • Tells you how to work out your learning style preferences. • Offers techniques to help you absorb, process and create responses to information. • Tells you how you can make learning material accessible. • Provides activities to help you develop a more flexible approach to learning.
The Dominance Factor	Carla Hannaford	Salt Lake City, Great River Books 2011	Explores the connections between the side of the body we prefer for seeing, hearing, touching, and moving and the way we think, learn, work, play

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		978-0-915556-40-3	and relate to others. Tells you how to work out your dominance profile. Tells you how knowing your dominance profile will help you respond, think and learn in the way that suits you best.
Study skills for students with dyslexia 3 rd revised edition	Edited by Sandra Hargreaves and Jamie Crabb	London, Sage 2016 978-1473925137	Aimed at students in Higher Education but relevant for adults. Gives advice on note taking, essay writing, reading strategies, lectures, assistive technology, and exam techniques. Includes a toolkit of downloadable resources including templates, planners, tasks and activities, and toolsheets.
Advanced Study Skills - A Student's Survival Guide 3 rd edition	Christine Ostler and Frances Ward	SEN Marketing, 2012 978-1903842126	Aimed at learners in secondary school or further / higher education. Advanced tips for organisation, essay structure, timetabling - very good book.
Toe by Toe: A Highly Structured Multi-sensory Reading Manual for Teachers and Parents	Keda Cowling and Harry Cowling	Keda Publications, 1993 978-0952256403	Small red book designed for anyone who finds reading difficult, including those with dyslexic difficulties. Intended for one-to-one tutoring. Good for adult literacy learners. Videos at http://www.toe-by-toe.co.uk/what-is-toe-by-toe
Stride Ahead: An Aid to Comprehension	Keda Cowling and Frank Cowling	Keda Publications, 2001 978-0954109509	You should have a reading age of 9 before beginning this. Boosts reading speed, accuracy and confidence. Also encourages students to use their working memory to improve reading skills.

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Wide selection of books by Tony Buzan	Tony Buzan and others	BBC, Proactive Books	http://www.tonybuzan.com/books Books on mind mapping, memory, speed reading, learning and thinking techniques, study skills, managing change, French and Spanish.
Dictionary of Perfect Spelling 2 nd edition	Christine Maxwell	Edinburgh, Barrington Stoke 2005 978-1842992814	Lets you find the correct spelling from common misspellings. Contains over 20,000 headwords. Offers accessible keys to spelling rules on each page.

For self-help books and resources on common mental health conditions, see <http://www.disabilityscot.org.uk/engaging-with-books-for-dyslexic-wellbeing>