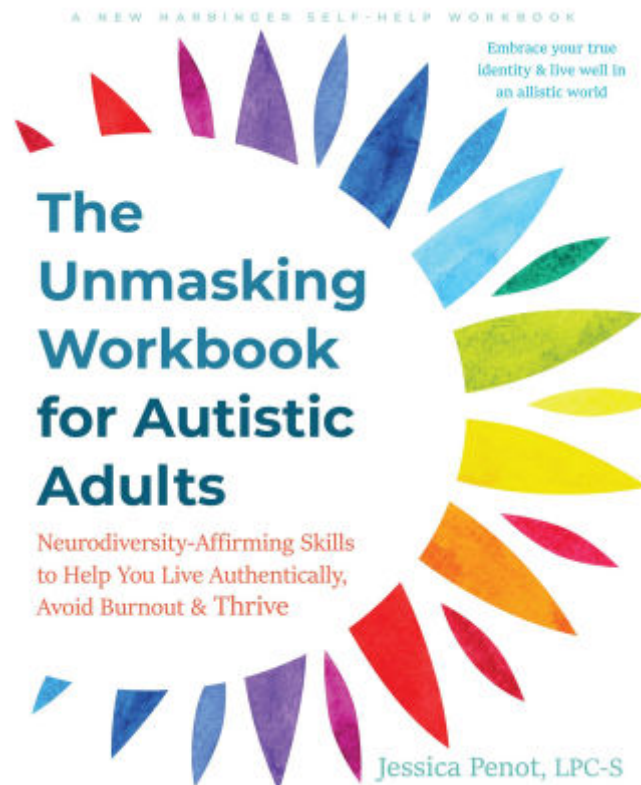


# The Unmasking Workbook for Autistic Adults: Neurodiversity-Affirming Skills to Help You Live Authentically, Avoid Burnout, and Thrive

by Jessica Penot LPC-S



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