

# Love Being My Own Autistic Self: A Journey of Self-Discovery and Acceptance

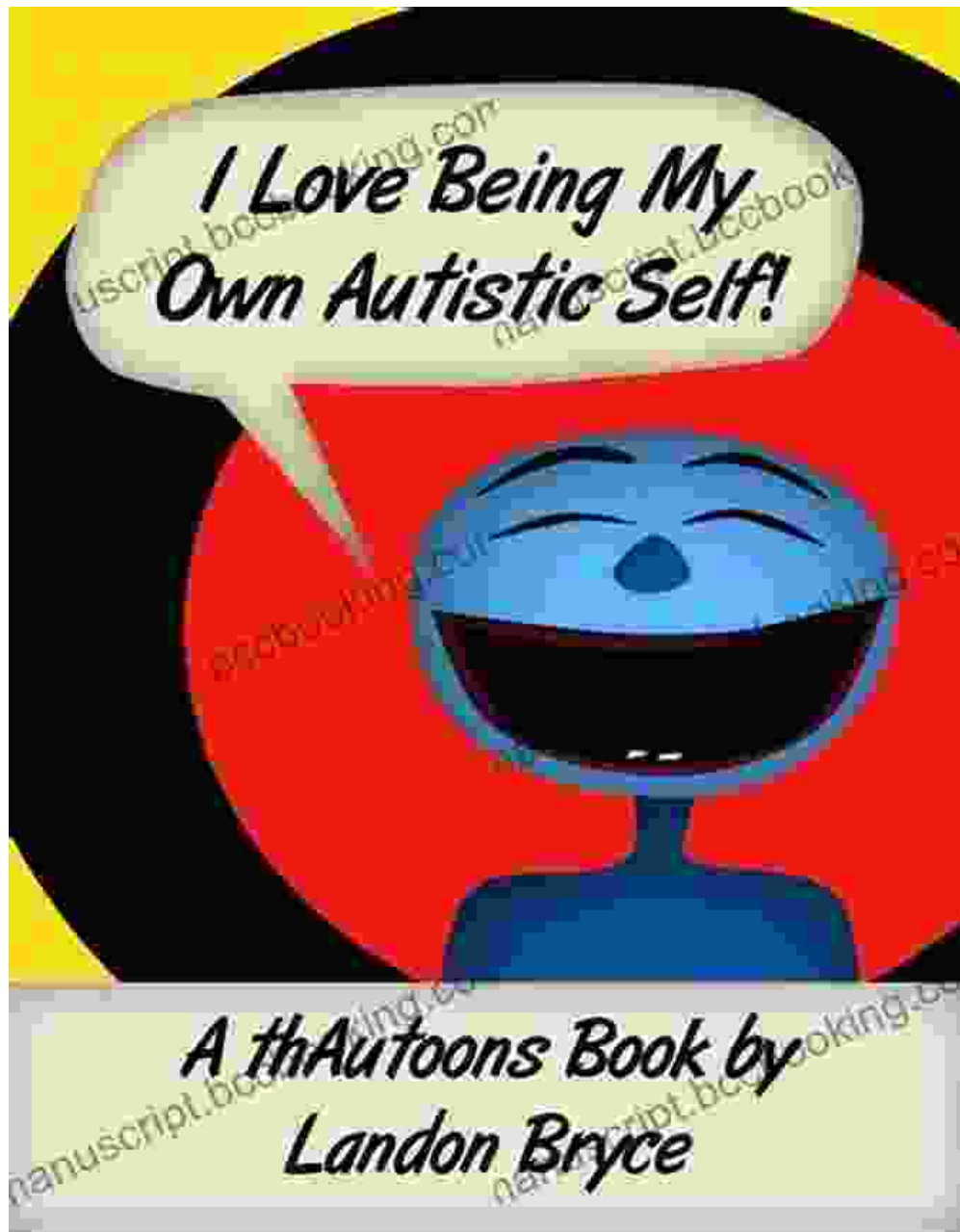


## I Love Being My Own Autistic Self by Landon Bryce

★★★★☆ 4.6 out of 5

Language : English  
File size : 5945 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Lending : Enabled  
Print length : 38 pages





In a world that often misunderstands and stigmatizes autism, 'Love Being My Own Autistic Self' is a beacon of hope and inspiration. This powerful and moving memoir by Sarah Jane Brown chronicles her journey of self-discovery and acceptance as an autistic woman.

From her early childhood struggles to her eventual diagnosis in adulthood, Brown shares her experiences with honesty and vulnerability. She

describes the challenges she faced in navigating social interactions, sensory sensitivities, and executive functioning difficulties.

But beyond the challenges, Brown also celebrates the unique strengths and gifts that come with autism. She writes about her passion for writing, her love of animals, and her ability to see the world in a different way.

'Love Being My Own Autistic Self' is not just a memoir; it's a manifesto for self-acceptance and neurodiversity. Brown challenges the narrow societal definitions of "normal" and encourages readers to embrace their own unique ways of being. She writes:



***“Autism is not a disease or a disFree Download. It is a natural variation of human neurology. We are not broken or defective. We are simply different, and that's okay.”***

Brown's message is one of hope, empowerment, and resilience. She shows that it is possible to live a fulfilling and joyful life with autism, even in a world that doesn't always understand. 'Love Being My Own Autistic Self' is a must-read for anyone seeking to understand autism and the importance of self-acceptance.

### **About the Author**

Sarah Jane Brown is an autistic writer, speaker, and advocate. She is the founder of the blog 'Autistic and Unapologetic,' where she writes about her experiences as an autistic woman.

Brown is passionate about raising awareness of autism and challenging stereotypes. She has spoken at numerous conferences and events, and her work has been featured in various media outlets.

'Love Being My Own Autistic Self' is Brown's first book. It is a powerful and inspiring memoir that is sure to change the way you think about autism.

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