Re-Storying Autism launch day: press bundle

For release on Saturday 14 November 2026
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Press release

Autistic-led Re-Storying Autism programme launches with new 2027 books, a video course and the Neuro-Affirming Glossary

The Ultimate Course Bundle brings together a seven-module video programme, the 2027 Course Book and Companion Workbook, and Helen Edgar's Neuro-Affirming Glossary and card deck, at a launch price of £49.99.

14 November 2026. Autistic co-authors David Gray-Hammond and Helen Edgar today launch the full Re-Storying Autism programme: an Autistic-led framework for Autistic people, families, carers and supporting practitioners. Its aim is to move support from fixing towards understanding.

Re-Storying Autism is a collaboration between Autistic Realms and NeuroHub Connect CIC. The programme brings together:

- a video course of seven modules in short, bite-size lessons, with about 4.5 hours of video and a certificate on completion;
- *Re-Storying Autism: A Framework For Autistic People, Carers and Supporting Practitioners* (2027 Edition), the Course Book;

- the Re-Storying Autism Companion Workbook (2027 Edition), with reflective questions to work through;
- the *Neuro-Affirming Glossary of Key Words and Terms* (2026 Edition) by Helen Edgar, explaining 222 words and terms, each with its own symbol;
- the Neuro-Affirming Glossary Card Deck: 222 cards, with print-at-home and training versions.

Launch day also sees the Neuro-Affirming Glossary published on Amazon in paperback and on Kindle. The glossary began at The PDA Space Summit in 2023 and is woven through with the words and ideas of the neurodivergent community. It remains free to read online at autisticrealms.com/guides/glossary.

The **Ultimate Course Bundle** includes the video course, the Course Book and Companion Workbook as PDFs, the Glossary e-book and the card deck. It costs **£49.99 for the remaining launch places** (with the mailing-list option at checkout), then £99.99, or £19.99 a month for at least six months. The Course Book and Companion Workbook are also available on Amazon in paperback and on Kindle.

The first edition of Re-Storying Autism was a #1 Amazon bestseller, rated 4.7 out of 5.

Anyone can try the course first: the welcome video and a full lesson from Module 1, *Monotropism: Understanding Autistic Attention*, are free with no sign-up at restoryingautism.co.uk/free-preview.

David and Helen are also hosting **Re-Storying Autism: Meet, Greet & Explore**, a free one-hour online session on **Thursday 19 November 2026, 6pm to 7pm UK time** (1pm to 2pm Eastern). Everyone who registers gets a code for 10% off the full video course. Register at events.humanitix.com/restorying-autism-meet-greet-and-explore.

ENDS

What people are saying

On Re-Storying Autism

“Re-Storying Autism offers a rare blend of Autistic-led theory, science, lived experience, and practical application that reshapes how families understand support. I especially appreciate how it centers sensory experience, interoception, burnout, identity, and belonging as foundational, not secondary. The reflection questions woven throughout consistently guide curiosity and thoughtful growth. This is the kind of resource that helps people build environments where Autistic people can live with more felt safety, dignity, and self-trust. Highly recommend.”

Kelly Mahler, OTD, author of The Interoception Curriculum

“I feel like every autistic person, every home or public space where an autistic person lives should have a copy of your book at hand. It isn’t hyperbole to say that it is the definitive autistic Bible.

So many times, reading through it, I was overwhelmed with joy, thinking that I am so glad that I lived long enough to see this book. It is foundationally resonant with everything that we as autistic people, more than the sum of the parts, have discovered and affirmed for ourselves. It is a precious antidote to the continued (and profitable) sea of misinformation pushed by all of the “experts” — who are almost always neuronormative — that continues to have a tidal wave ensuring autistic suffering.

I just couldn’t be prouder of the way this is so succinctly organised, warmly engaging, far-reaching and connective in the ways that our minds work, and most of all so deeply affirming

of the beauty of our way of being. Thank you for the opportunity to share this truly amazing work."
Dr. Dawn Prince-Hughes, Co-Director, Cultural Autism Studies at Yale
"Re-framing is the first step toward a new paradigm. 'Re-Storying Autism' invites us to move beyond deficit-based narratives and into the neurodiversity paradigm, where Autistic ways of being are understood as valid, meaningful, and human. When we re-story, we shift from fixing people to questioning systems, and from performance to authenticity. At Stimpunks, we see authenticity as our purest freedom: something to be respected, protected, and made possible through environments that allow people to be fully themselves. 'Re-Storying Autism' respects, protects, and makes possible our freedom to be authentically ourselves. Highly recommended."
Ryan Boren, Stimpunks
"When we change the story, we change what becomes possible."
David Gray-Hammond and Helen Edgar, Re-Storying Autism

On the Neuro-Affirming Glossary

"This is more than a glossary — it's a comprehensive guide to all the words, terms and concepts that are used (and often misused), their history and uses and much more. Each term is helpfully coded with a key to tell you whether that item is a 'starting point' or is 'going deeper' into the theme."
Alex Kelly, Neurodiversity Strategy Coach, Trainer & Consultant 🌱 Founder of WayMakers Devon CIC

Fact sheet: prices and links

UK prices. Amazon prices in other countries are set by Amazon in local currency.

The course (restoryingautism.co.uk)

Product	What's included	Price	Link
Ultimate Course Bundle	Video course, Course Book and Companion Workbook (PDFs), Neuro-Affirming Glossary e-book, 222-card deck, certificate	£49.99 for the remaining launch places, then £99.99; or £19.99 a month (minimum 6 months)	restoryingautism.co.uk/pricing
Re-Storying Autism video course	7 modules (about 4.5 hours of video), Course Book and Companion Workbook (PDFs), certificate	£79.99 one payment, or £12.99 a month (minimum 6 months)	restoryingautism.co.uk/pricing
Professional Licence	For practitioners who give their clients	£499.99 a year	restoryingautism.co.uk/pricing

	access to the course		
Free lesson	Welcome video and a full lesson from Module 1, no sign-up	Free	restoryingautism.co.uk/free-preview

NeuroHub Connect Premium and All Access members get the course at no extra cost (the PDF books are not included). See NeuroHub Horizons.

The books on Amazon

Book	Format and price	Amazon UK	Amazon US
Re-Storying Autism: A Framework For Autistic People, Carers and Supporting Practitioners (Course Book, 2027 Edition)	Paperback £14.99 · Kindle £9.99	amazon.co.uk/dp/B0HPKZDWK1	amazon.com/dp/B0HPKZDWK1
Re-Storying Autism: Companion Workbook (2027 Edition)	Paperback £9.99 · Kindle £5.99	amazon.co.uk/dp/B0HPL2RX4K	amazon.com/dp/B0HPL2RX4K
Neuro-Affirming Glossary of Key Words and Terms (2026 Edition), paperback	Paperback £14.99 (A4, full colour)	amazon.co.uk/dp/B0HPKBKGC3	amazon.com/dp/B0HPKBKGC3
Neuro-Affirming Glossary of Key Words and Terms (2026 Edition), Kindle	Kindle £9.99	amazon.co.uk/dp/B0HPKC861R	amazon.com/dp/B0HPKC861R

The Glossary at autisticrealms.com

Product	Price	Link
Neuro-Affirming Glossary, free to read online (222 words and terms)	Free	autisticrealms.com/guides/glossary
Neuro-Affirming Glossary 2026 Edition: The E-book (PDF)	£15	Shop page

Neuro-Affirming Glossary: The Card Deck 2026 (222 cards)	£15	Shop page
Glossary Bundle: E-book and Card Deck	£25	Shop page

Key facts

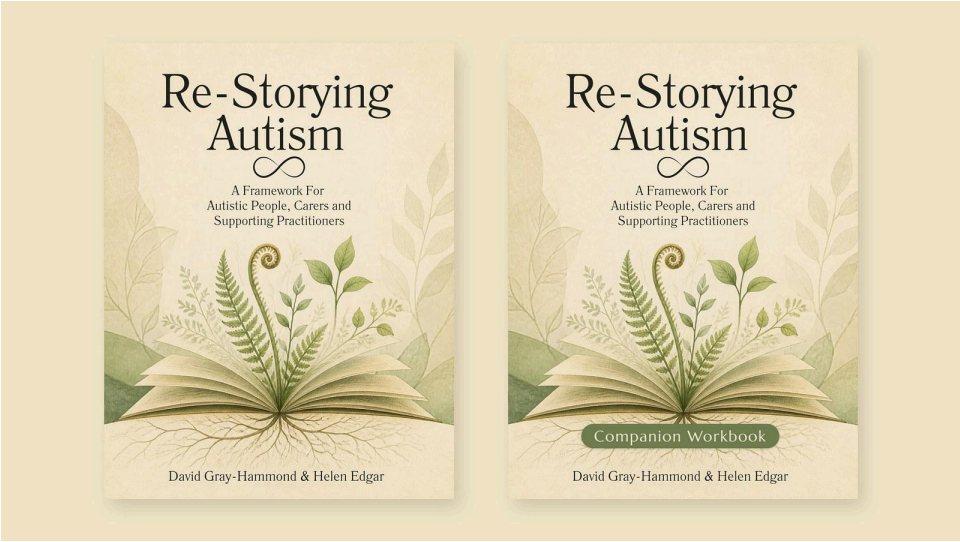
- **Launch date:** Saturday 14 November 2026
- **Authors:** David Gray-Hammond and Helen Edgar (the Glossary is by Helen Edgar)
- **Made by:** Autistic Realms and NeuroHub Connect CIC
- **For:** Autistic people, parents, families and carers, and practitioners in education, health and social care
- **Websites:** restoryingautism.co.uk · horizons.neurohubcommunity.org · autisticrealms.com

About the authors

Helen Edgar is an Autistic (AuDHD) author, parent and educator with over twenty years of SEND teaching. She is the founder of Autistic Realms and More Realms and Co-Creative Director of Stimpunks Foundation. Her Neuro-Affirming Glossary began at The PDA Space Summit in 2023. autisticrealms.com
David Gray-Hammond is an Autistic author, parent and educator, and the founder of NeuroHub Connect CIC. horizons.neurohubcommunity.org

Pictures

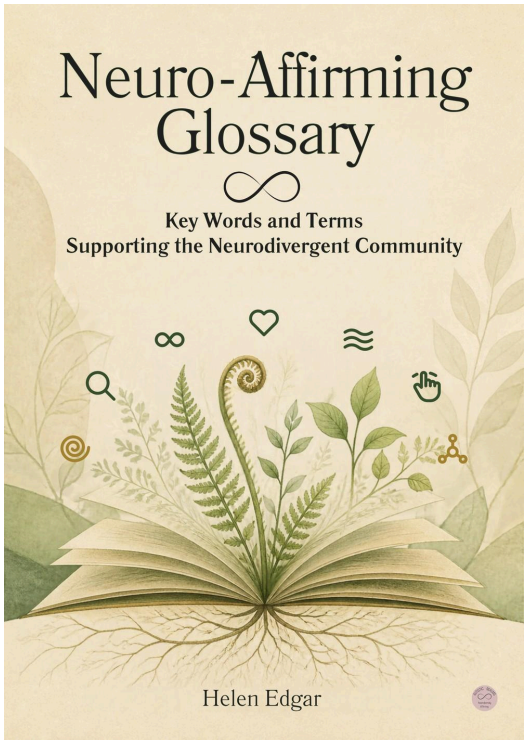
All pictures are in this folder, and the full-size versions can be downloaded from the links below. Please credit "Re-Storying Autism, David Gray-Hammond and Helen Edgar" or, for the Glossary, "Helen Edgar, Autistic Realms".



Re-Storying Autism 2027 Course Book and Companion Workbook (1600 × 900). Download



The Ultimate Course Bundle: both books, the Glossary and the card deck (1080 × 1080). Download



Neuro-Affirming Glossary 2026 Edition, cover (1000 × 1415). Download

Also available:

- Launch Day poster (1920 × 1080): Download
- Course Book cover (1200 × 1565): Download

- Companion Workbook cover (1200 × 1565): Download
- Glossary Card Deck 2026 cover (1080 × 1080): Download

Notes for editors

- Helen and David use identity-first language ("Autistic person", "being Autistic") and write Autistic with a capital A. Please follow this style where you can.
- Re-Storying Autism is Autistic-led: written, designed and taught by Autistic people.
- For interviews, review copies or more pictures, contact Helen Edgar or David Gray-Hammond at helen@autisticrealms.com or david@neurohubcommunity.org