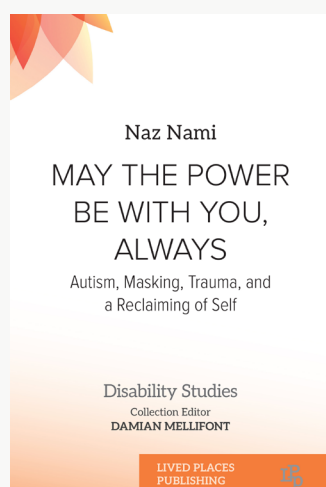




May the Power Be with You, Always: Autism, Masking, Trauma, and a Reclaiming of Self

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COLLECTION EDITED BY Damian Mellifont

COLLECTION
Disability Studies

EDITION
1st edition

MARKET
College/higher education
and Professional and
Scholarly

This course reading...

- Blends personal memoir with accessible clinical and research-based perspectives on late-diagnosed autism.
- Examines the hidden psychological costs of masking, hypervigilance, burnout, and chronic adaptation.
- Connects autism with trauma, emotional regulation, sensory overwhelm, identity, and the journey towards self-reclamation.
- Ideal for students and professionals in autism and neurodiversity studies, psychology, psychiatric nursing, social work, trauma studies, and women's and gender studies.

What happens when a lifetime of masking, adapting, and surviving finally gives way to the discovery of who you really are?

May the Power Be With You, Always: Autism, Masking, Trauma, and a Reclaiming the Self by **Naz Nami** offers a deeply personal and psychologically informed exploration of late-diagnosed autism and the hidden costs of chronic adaptation.

Blending memoir with accessible clinical and research-based insights, **Nami** examines masking, hypervigilance, burnout, emotional regulation, trauma, sensory overwhelm, attachment, giftedness, and identity reconstruction. Drawing on experiences from childhood in Istanbul, Turkey, through adulthood, relationships, academia, and mental health systems, she reveals how autistic girls and women can be overlooked, misunderstood while learning to perform a version of themselves that meets others' expectations.

The book explores the often-invisible labour involved in social mimicry, emotional surveillance, perfectionism, and self-erasure, while considering what happens when these strategies become unsustainable. Ultimately, *May the Power Be With You, Always* is a story of moving from invisible survival toward self-understanding, authenticity, and the reclamation of identity.

Ideal for students and professionals in disability studies, neurodiversity and autism studies, counselling and clinical psychology, psychiatric nursing, social work, trauma studies, and women's and gender studies, as well as autistic readers and those seeking a deeper understanding of lived autistic experience.

Naz Nami is a DBT-certified clinician, psychiatric nurse practitioner, and autistic writer whose work explores autism, masking, trauma, emotional regulation, and identity reconstruction.

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