



# Always Bring Your Sunglasses: Stories from a Life of Social and Sensory Invalidation

AUTHOR Becca Lory Hector

COLLECTION EDITED BY Damian Mellifont, Jennifer Smith-Merry

COLLECTION

Disability Studies

EDITION

1st edition

MARKET

College/higher education  
and Professional and  
scholarly

## This course reading...

- Details the lived experience of social and sensory invalidation of an undiagnosed Autistic person living in NYC.
- Explores the lessons that can be learned from these experiences in a world created by and for the neuromajority.
- Is ideal reading for students of Disability Studies, Autism Studies, DEIB Studies, Social Work, Education Studies, Medical students and practitioners, as well as psychiatrists, teachers, and social support workers in practice and training.

## What can experiences of social and sensory invalidation teach us about what it means to be autistic in a world created for the neuromajority?

Living as an undiagnosed autistic person in the loudest sensory city in the world, NYC, author **Becca Lory Hector** details her lived experience of social and sensory invalidation. Whether she refused to put on shoes, wore sunglasses inside, or asked direct questions, her very way of being was called into question, leading her to feel insignificant and unimportant. In a world created by and for the neuromajority, Becca's needs took a back seat as others felt her reality couldn't possibly be true.

*Always Bring Your Sunglasses* is a collection of stories filled with lessons on the importance of validating the lived experiences of all. This book is ideal reading for students of Disability Studies, Autism Studies, DEIB Studies, Social Work, Education Studies, Medical students and practitioners, as well as psychiatrists, teachers, and social support workers in practice and training.

**Becca Lory Hector CAS, BCCS** is an openly autistic professional on a mission to close the disability gap in leadership, by working with companies to attract and retain disabled talent via their DEIB initiatives. Becca was diagnosed autistic as an adult and has since become a dedicated autism and neurodiversity advocate, researcher, consultant, speaker, and author.

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