

## Accessible and Inclusive Reading List

This reading list draws together a range of information resources held both physically within the UoB Library collection and links to external, useful, virtual resources.

It includes topic areas that provide students and staff with self-help, support and information. In turn we hope this will promote greater understanding of diversity within and beyond our academic community. We aim to include practical 'how to' resources and more general thought provoking reading.

- Accessible and Inclusive Library Advisory Group

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@book{Adam\_Rutherford\_2020, title={How to Argue With a Racist: History, Science, Race and Reality}, publisher={W&N; 01 edition}, author={Adam Rutherford}, year={2020} }

@book{Akala\_2018, address={London}, title={Natives: race and class in the ruins of empire}, publisher={Two Roads}, author={Akala}, year={2018} }

@book{Bañales\_2015, address={Portland, OR}, title={Life is wonderful, people are terrific}, publisher={Ladybox Books}, author={Bañales, Meliza}, year={2015} }

@book{Barker\_Scheele\_2016, address={London}, title={Queer: a graphic history}, publisher={Icon Books}, author={Barker, Meg-John and Scheele, Julia}, year={2016} }

@book{Barkley\_Benton\_2010, address={New York}, title={Taking charge of adult ADHD}, publisher={The Guilford Press}, author={Barkley, Russell A. and Benton, Christine M.}, year={2010} }

@book{Becker\_2009, address={Basingstoke}, title={The mature student's handbook}, volume={Palgrave study skills}, publisher={Palgrave Macmillan}, author={Becker, Lucinda M.}, year={2009} }

@book{Blackburn\_1987, address={Edinburgh}, title={Coping with depression}, publisher={Chambers}, author={Blackburn, Ivy Marie}, year={1987} }

@book{Borchard\_2010, address={New York}, title={Beyond blue: surviving depression & anxiety and making the most of bad genes}, publisher={Center Street}, author={Borchard, Therese Johnson}, year={2010} }

@book{Buxton\_1981, address={London}, title={Do you panic about maths?: coping with maths anxiety}, publisher={Heinemann Educational}, author={Buxton, Laurie}, year={1981} }

@book{Buzan\_1989, address={London}, edition={[[New] rev. ed]}, title={Use your

head}, publisher={BBC books}, author={Buzan, Tony}, year={1989} }

@book{Caswell\_Ahsun\_David\_Sachs\_2016, address={Melbourne, Florida}, title={The laid back guide to exams and stress}, publisher={Motivational Press}, author={Caswell, Jennie and Ahsun, Naseem and David, Rodge and Sachs, Justin}, year={2016} }

@book{Clarke\_2004, address={Basingstoke}, title={e-Learning skills}, volume={Palgrave study guides}, publisher={Palgrave Macmillan}, author={Clarke, Alan}, year={2004} }

@book{Couzin\_1995, title={Problems and difficulties of studying in a foreign academic environment: how do British students of science & engineering cope with the ups and downs of academia on the Continent?}, author={Couzin, Gilles}, year={1995} }

@book{Cox\_Heames\_1999, address={London}, title={Managing the pressures in teaching: practical ideas for tutors and their students}, publisher={Falmer Press}, author={Cox, Stephen and Heames, Ruth}, year={1999} }

@book{Cox\_1978, address={London}, title={Stress}, publisher={Macmillan}, author={Cox, Tom}, year={1978} }

@book{Dawson\_2004, address={Oxford}, title={Learning how to study again: a practical guide to study skills for mature students returning to education or distance learning}, publisher={How To Books}, author={Dawson, Catherine}, year={2004} }

@book{Dawson\_dawsonera\_2007, address={Oxford}, edition={Second edition, electronic format}, title={The mature student's study guide: essential skills for those returning to education or distance learning}, url={https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=1159095}, publisher={How To Content}, author={Dawson, Catherine and dawsonera}, year={2007} }

@book{De Fazio\_2002, address={Crows Nest, N.S.W.}, title={Studying part time without stress}, publisher={Allen & Unwin}, author={De Fazio, Teresa}, year={2002} }

@book{Eddo-Lodge\_2018, address={London}, edition={Expanded edition}, title={Why I'm no longer talking to white people about race}, publisher={Bloomsbury Publishing}, author={Eddo-Lodge, Reni}, year={2018} }

@book{Eisner\_2013, address={Berkeley, California}, title={Bi: notes for a bisexual revolution}, publisher={Seal Press}, author={Eisner, Shiri}, year={2013} }

@book{Feinberg\_1996, address={Boston}, title={Transgender warriors: making history from Joan of Arc to Dennis Rodman}, publisher={Beacon Press}, author={Feinberg, Leslie}, year={1996} }

@book{Fisher\_Society for Research into Higher Education\_1994, address={Buckingham}, title={Stress in academic life: the mental assembly line}, publisher={Society for Research into Higher Education & Open University Press}, author={Fisher, Shirley and Society for Research into Higher Education}, year={1994} }

@book{Ge Gao and Stella Ting-Toomey\_1998, address={Thousand Oaks, Calif},

title={Communicating effectively with the Chinese},  
 url={https://sk-sagepub-com.bris.idm.oclc.org/books/communicating-effectively-with-the-c  
 hinese}, publisher={Sage Publications}, author={Ge Gao and Stella Ting-Toomey},  
 year={1998} }

@book{Gillen\_Mckelvie\_Wilson\_Cowles\_2014, address={Berkeley, CA}, title={The wicked  
 + the divine: Vol. 1: The Faust act}, publisher={Image Comics, Inc}, author={Gillen,  
 Kieron and Mckelvie, Jamie and Wilson, Matthew and Cowles, Clayton}, year={2014} }

@book{Hallowell\_Ratey\_2006, address={New York}, edition={Ballantine Books trade  
 pbk. ed}, title={Delivered from distraction: getting the most out of life with attention  
 deficit disorder}, publisher={Ballantine Books}, author={Hallowell, Edward M. and Ratey,  
 John J.}, year={2006} }

@book{Hasson\_2013, address={Chichester}, title={Mindfulness: be mindful, live in the  
 moment}, publisher={Capstone}, author={Hasson, Gill}, year={2013} }

@book{HIRSCH\_2018, address={Place of publication not identified}, title={BRIT(ISH):  
 on race, identity and belonging}, publisher={VINTAGE}, author={HIRSCH, AFUA.},  
 year={2018} }

@book{Hoff\_2014, address={Oxford}, title={Crisis: how to help yourself and others in  
 distress or danger}, publisher={Oxford University Press}, author={Hoff, Lee Ann},  
 year={2014} }

@book{Holford\_Lawson\_2015, address={London}, title={The stress cure: how to resolve  
 stress, build resilience and boost your energy}, publisher={Piatkus}, author={Holford,  
 Patrick and Lawson, Susannah}, year={2015} }

@book{Horwitz\_Young\_1991, address={Englewood Cliffs, N.J.}, title={Language anxiety:  
 from theory and research to classroom implications}, publisher={Prentice Hall},  
 author={Horwitz, Elaine K. and Young, Dolly J.}, year={1991} }

@book{Hull\_Wellcome Collection\_2017, address={London}, title={Notes on blindness: a  
 journey through the dark}, publisher={Profile Books}, author={Hull, John M. and  
 Wellcome Collection}, year={2017} }

@book{Jamieson\_Morgan\_2008, address={London}, title={Managing dyslexia at  
 university: a resource for students, academic and support staff}, publisher={Routledge},  
 author={Jamieson, Claire and Morgan, Ellen}, year={2008} }

@book{Jamieson\_Jamieson\_2007, address={Abingdon}, title={Managing Asperger  
 Syndrome at college and university: a resource for students, tutors and support services},  
 publisher={Routledge}, author={Jamieson, Juliet and Jamieson, Claire}, year={2007} }

@book{Levin\_2007, address={Maidenhead}, title={Conquer study stress!: 20 problems  
 solved}, volume={Student-friendly guides}, publisher={Open University Press},  
 author={Levin, Peter}, year={2007} }

@book{Lorde\_1997, address={New York}, title={The collected poems of Audre Lorde},  
 publisher={Norton}, author={Lorde, Audre}, year={1997} }

@book{Mardell\_2016, address={Coral Gables}, title={The ABC's of LGBT+},

`publisher={Mango Media Inc}, author={Mardell, Ashley}, year={2016} }`

`@book{Martin_Ilic_Cooper_Cooper_2011, address={London}, title={Top tips for Asperger students: how to get the most out of university and college}, publisher={Jessica Kingsley}, author={Martin, Rosemary and Ilic, Leslie and Cooper, Tas and Cooper, Caitlin}, year={2011} }`

`@book{Mathis_2015, title={The Women Widowed to Themselves}, publisher={lulu.com}, author={Mathis, Lora}, year={2015} }`

`@book{McMillan_Weyers_2011, address={Harlow}, edition={Second edition}, title={How to succeed in exams & assessments}, url={https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=5173839}, publisher={Pearson Education Limited}, author={McMillan, Kathleen and Weyers, Jonathan D. B.}, year={2011} }`

`@book{Moody_2007, address={London}, title={Dyslexia: surviving and succeeding at college}, publisher={Routledge}, author={Moody, Sylvia}, year={2007} }`

`@book{Muir_2010, address={London}, title={Relaxation techniques}, volume={Teach yourself}, url={https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=647831}, publisher={Hodder Headline}, author={Muir, Alice Jane}, year={2010} }`

`@book{Nestle_1992, address={Boston}, title={The Persistent desire: a femme-butch reader}, publisher={Alyson}, author={Nestle, Joan}, year={1992} }`

`@book{Okorochoa_2010, address={Bury St Edmunds}, title={International students' experience in UK higher education: a research based investigation of the academic, personal, social and cultural experience of undergraduate and postgraduate international students, with recommendation [sic] for coping strategies}, publisher={arima publishing}, author={Okorochoa, Eunice}, year={2010} }`

`@book{Olusoga_2017, address={London}, edition={Paperback edition}, title={Black and British: a forgotten history}, publisher={Pan Books}, author={Olusoga, David}, year={2017} }`

`@book{Owton_2014, address={Houndmills, Basingstoke}, title={Studying as a parent: a handbook for success}, volume={Palgrave student to student}, publisher={Palgrave Macmillan}, author={Owton, Helen}, year={2014} }`

`@book{Palmer_Puri_2006, address={London}, title={Coping with stress at university: a survival guide}, publisher={Sage}, author={Palmer, Stephen and Puri, Angela}, year={2006} }`

`@book{Piepzna-Samarasinha_2015, address={Vancouver}, title={Dirty river: a queer femme of color dreaming her way home}, publisher={Arsenal Pulp Press}, author={Piepzna-Samarasinha, Leah Lakshmi}, year={2015} }`

`@book{Prentice_1995, title={Managing examination anxiety through groupwork}, author={Prentice, Pamela C.}, year={1995} }`

@book{Qian\_2005, title={English language anxiety sources and coping strategies: a case study of Chinese senior high school students' foreign language anxiety}, author={Qian, Jiewen}, year={2005} }

@book{Rose\_2012, address={Basingstoke}, edition={3rd ed}, title={The mature student's guide to writing}, volume={Palgrave study skills}, publisher={Palgrave Macmillan}, author={Rose, Jean}, year={2012} }

@book{Rugg\_Gerrard\_Hooper\_dawsonera\_2008, address={Los Angeles}, title={The stress-free guide to studying at university: a student's guide towards a better life}, url={https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=439145}, publisher={SAGE}, author={Rugg, Gordon and Gerrard, Sue and Hooper, Susie and dawsonera}, year={2008} }

@book{Sanders\_1984, address={London}, title={Women and depression: a practical self-help guide}, volume={Healthcare for women series}, publisher={Sheldon Press}, author={Sanders, Deidre}, year={1984} }

@book{Scott\_2016, address={North Charleston, SC?}}, title={How to write essays: a guide for mature students who have forgotten how}, publisher={CreateSpace Independent Publishing Platform?}}, author={Scott, Kate}, year={2016} }

@book{Shreeve\_1984, address={Wellingborough}, title={Depression: its causes and how to overcome it}, volume={A life crisis book}, publisher={Turnstone}, author={Shreeve, Caroline}, year={1984} }

@book{Smith\_ProQuest (Firm)\_2013, address={Hove}, title={Self-soothing: coping with everyday and extraordinary stress}, url={https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=3384810}, publisher={Pavilion}, author={Smith, Gerrilyn and ProQuest (Firm)}, year={2013} }

@book{Smith\_Jones\_2015, address={Boca Raton}, title={Mind maps for medical students}, publisher={CRC Press}, author={Smith, Olivia and Jones, Colin H.}, year={2015} }

@book{Solanto, address={New York}, title={Cognitive-behavioral therapy for adult ADHD: targeting executive dysfunction}, publisher={Guilford Press}, author={Solanto, Mary V.} }

@book{Spiegel\_Siegel\_2009, address={Hanover, New Hampshire}, title={The mindful medical student: a psychiatrist's guide to staying who you are while becoming who you want to be}, publisher={University Press of New England}, author={Spiegel, Jeremy and Siegel, Bernie S.}, year={2009} }

@phdthesis{Thomas\_2009, title={University music students' experiences of performance anxiety and how they cope with it}, url={https://open.library.ubc.ca/cIRcle/collections/ubctheses/24/items/1.0053866}, DOI={10.14288/1.0053866}, author={Thomas, Owen}, year={2009} }

@book{Vailes\_2017, address={Great Britain}}, title={The flourishing student: every tutor's guide to promoting mental health, well-being and resilience in Higher Education}, publisher={Practical Inspiration Publishing}, author={Vailes, Fabienne}, year={2017} }

- @book{Visram\_2002, address={London}, title={Asians in Britain : 400 years of history}, url={<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=3386434>}, publisher={Pluto Press}, author={Visram, Rozina}, year={2002} }
- @book{Weselby\_2014, address={North Charleston, S.C.}, title={Never too late: a mature student's guide to going to university}, publisher={CreateSpace}, author={Weselby, Joanne M.}, year={2014} }
- @book{Wisker\_2001, address={Basingstoke}, title={The postgraduate research handbook: succeed with your MA, MPhil, EdD and PhD}, volume={Palgrave study guides}, publisher={Palgrave}, author={Wisker, Gina}, year={2001} }
- @book{Yomi Adegoke\_2020, title={Slay In Your Lane: The Black Girl Bible}, publisher={Fourth Estate}, author={Yomi Adegoke}, year={2020} }
- @book{Young\_Bramham\_2012, address={Oxford}, edition={2nd ed}, title={Cognitive-behavioural therapy for ADHD in adolescents and adults: a psychological guide to practice}, publisher={Wiley-Blackwell}, author={Young, Susan and Bramham, Jessica}, year={2012} }
- @misc{I am transgender: Allyson Robinson at TEDxNightingaleBamfordSchool\_1AD, url={<https://www.youtube.com/watch?v=SCpHCGniGil>}, year={1AD} }
- @misc{My true gender identity: Niklaus Fluetsch at TEDxZUG\_2AD, url={<https://www.youtube.com/watch?v=KQ2qHO93EY0>}, year={2AD} }
- @misc{Intersex 101 | This is a Thing\_6AD, url={<https://www.youtube.com/watch?v=iKcdHhT-PAM>}, year={6AD} }
- @misc{Gifted - Emily Mantell\_9AD, url={<https://www.youtube.com/watch?v=biq5hEgeCLs>}, year={9AD} }
- @misc{What Does it Mean to be Queer?\_13AD, url={<https://www.youtube.com/watch?v=RDO2-sNF2s4>}, year={13AD} }
- @misc{Kimberlé Crenshaw - On Intersectionality - keynote - WOW 2016\_14AD, url={<https://www.youtube.com/watch?v=-DW4HLgYPIA>}, year={14AD} }
- @misc{Amandla Stenberg: Don't Cash Crop On My Cornrows\_15AD, url={[https://www.youtube.com/watch?v=O1KJRRSB\\_XA](https://www.youtube.com/watch?v=O1KJRRSB_XA)}, year={15AD} }
- @misc{Asexuality For Dummies\_15AD, url={<https://www.youtube.com/watch?v=85GCB2V3AZM>}, year={15AD} }
- @misc{WHAT CAUSED THE STONEWALL RIOTS\_16AD, url={<https://www.youtube.com/watch?v=zLbaS9lejmm>}, year={16AD} }
- @misc{Gay Pride & Capitalism: What is Pinkwashing?\_19AD, url={<https://www.youtube.com/watch?v=J4LP0z493oY>}, year={19AD} }
- @misc{'What It's Like to Be Intersex' - BuzzFeed - March 28, 2015\_23AD, url={[https://www.youtube.com/watch?v=Ax0KAnY\\_j3k](https://www.youtube.com/watch?v=Ax0KAnY_j3k)}, year={23AD} }

@misc{A day in the life of an Oxford wheelchair user - Oxford Accessibility Project (Jan 2017)\_29AD, url={<https://www.youtube.com/watch?v=gTyXqP9Mwxs>}, year={29AD} }

@misc{Trans 101 - The Basics\_30AD, url={<https://www.youtube.com/watch?v=-3ZzpTxjgRw>}, year={30AD} }

@book{Erickson-Schroth\_2014, address={Oxford}, title={Trans bodies, trans selves: a resource for the transgender community}, publisher={Oxford University Press}, year={2014} }

@book{Attwood\_Evans\_Lesko\_2015, address={London}, title={An Aspie's guide to improving empathetic attunement}, url={<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=1883933>}, publisher={Jessica Kingsley Publishers}, year={2015} }

@book{Hargreaves\_Crabb\_2016, address={Los Angeles}, edition={3rd edition}, title={Study skills for students with dyslexia: support for specific learning differences (SpLDs)}, volume={Sage study skills}, publisher={SAGE}, year={2016} }

@book{Lutz\_Herrera Vivar\_Supik\_2016, address={London}, title={Framing intersectionality: debates on a multi-faceted concept in gender studies}, volume={Feminist imagination, Europe and beyond}, publisher={Routledge, Taylor & Francis Group}, year={2016} }

@misc{Yes, you can be non-binary AND a woman | Riley J. Dennis\_2016, url={<https://www.youtube.com/watch?v=BkZnFVbSKKo>}, year={2016}, month={Dec} }

@misc{The Politics of Queer Sex\_2016, url={<https://www.youtube.com/watch?v=LDgQz61IM3Q>}, year={2016}, month={Dec} }

@misc{Disability report: Being disabled in Britain | Equality and Human Rights Commission, url={<https://www.equalityhumanrights.com/en/disability-report-being-disabled-britain>} }  
@misc{Notes On Blindness [DVD] }

@misc{theyismypronoun.com, url={<http://theyismypronoun.com/>} }

@misc{Being a Trans Mathematician: A Q&A with Autumn Kent - Scientific American Blog Network, url={<https://blogs.scientificamerican.com/roots-of-unity/q-a-with-autumn-kent/>} }

@book{Self-care for introverts: 17 soothing rituals for peace in a hectic world }

@misc{Ta-Nehisi Coates Revisits the Case for Reparations | The New Yorker, url={<https://www.newyorker.com/news/the-new-yorker-interview/ta-nehisi-coates-revisits-the-case-for-reparations>} }

@misc{Pronouns, url={<https://minus18.org.au/index.php/resource-packs/pronouns>} }

@misc{Intersex 101 | Lambda Legal,

url={ [http://www.lambdalegal.org/blog/20151026\\_intersex-101](http://www.lambdalegal.org/blog/20151026_intersex-101) } }

@misc{ILGA meets... Sabah Choudrey, activist,  
url={ <http://ilga.org/ilga-meets-sabah-choudrey-activist/> } }

@misc{World Autism Awareness Week: Living as a transgender adult with autism | Metro News,  
url={ <http://metro.co.uk/2017/03/28/world-autism-awareness-week-living-as-a-transgender-adult-with-autism-6537944/> } }

@misc{Black Girl Dangerous, url={ <https://www.bgdblog.org/> } }

@misc{Coming Home: Queer South Asians and the Politics of Family. | middle east revised,  
url={ <https://middleeastrevised.com/2014/10/17/coming-home-queer-south-asians-and-the-politics-of-family/> } }

@misc{Online Harrassment of GNC/Transfeminine People — ALOK VAID-MENON,  
url={ <https://www.alokvmenon.com/blog/2017/1/17/online-harrassment-of-gnctransfeminine-people> } }

@misc{What's R(ace) Got To Do With It?: White Privilege & (A)sexuality – Media Diversified,  
url={ <https://mediadiversified.org/2014/05/03/whats-race-got-to-do-with-it-white-privilege-a-sexuality/> } }

@misc{Meg-John & Justin - Sex, love & relationships,  
url={ <https://megjohnandjustin.com/> } }

@misc{Rewriting The Rules, url={ <https://www.rewriting-the-rules.com/> } }