

# CLARITY AND CARE



BY: SOBIA MANSOOR

## Disclaimer


*This Resource Book was compiled by **Sobia Mansoor** for educational and informational purposes only. It is **not a substitute for professional medical, psychological, or therapeutic advice, diagnosis, or treatment**. Always seek the advice of a qualified mental health provider with any questions you may have regarding a mental health condition or treatment plan.*

*While the resources provided are evidence-informed and neurodivergent-affirming, individual needs and responses may vary. Inclusion of specific tools or recommendations does not constitute an endorsement of any particular service or product.*

## Text-to-Speech & Audio-Based Tools

*For auditory learners, people who struggle with focus or visual fatigue.*

### 1. Speechify

- Converts text to natural-sounding audio
- Upload PDFs, web pages, emails, books
- Great for ADHD/dyslexia
- Platforms: iOS, Android, Chrome, desktop
-  <https://speechify.com>

### 2. Natural Reader

- Free & premium options
- Reads Word, PDFs, Google Docs, and more

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- Dyslexia-friendly fonts available
- <https://www.naturalreaders.com>

### 3. **Voice Dream Reader** (*iOS only*)

- Highly customizable playback & font settings
- Great for long reads and academic material
- Especially supportive for autism & ADHD
- <https://www.voicedream.com>

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## **Visual Supports & Layout Tools**

*Reduce overwhelm, increase focus, and enhance accessibility.*

### 4. **BeeLine Reader**

- Color-gradient text formatting improves tracking
- Helps people with ADHD, autism, and visual processing issues
- Works on PDFs, webpages, Kindle
- <https://www.beelinereader.com>

### 5. **Mercury Reader (Chrome Extension)**


- Cleans up web pages (removes ads, distractions)
- Simple, clutter-free layout
- [Available on Chrome Web Store](#)

### 6. **Spread (Chrome Extension)**


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- Rapid serial visual presentation (RSVP)
- Helps with ADHD by minimizing backtracking while reading
-  Available on Chrome Web Store

## 7. Bionic Reading


- Boldens beginning of words to enhance scanning and retention
- Available via app, browser, and as a text converter
-  <https://bionic-reading.com>




## Annotation, Organization, and Focus Tools

*Perfect for students, writers, and those who struggle with executive function.*

## 8. Notion

- Flexible note-taking app with to-do lists, highlights, and templates
- Great for creating reading logs or summaries
-  <https://www.notion.so>

## 9. Readwise


- Pulls highlights from Kindle, Pocket, PDFs, etc.
- Uses spaced repetition for long-term recall
- Especially helpful for neurodivergent memory challenges
-  <https://readwise.io>

## 10. Pocket

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- Save articles for offline reading
- Converts saved text into audio (text-to-speech)
- Helps manage info overload
-  <https://getpocket.com>

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## **BONUS: Accessibility Settings to Explore**

- **Use Dyslexia Fonts** (like OpenDyslexic or Lexend)
  - **Dark Mode / Reader Mode** (on Kindle, iOS, and browsers)
  - **Adjust Line Spacing & Font Size** (important for sensory sensitivity)
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