

CLIENT SPOTLIGHT

You should never judge a book by its cover. And what are humans, but leather-bound tomes teeming with story?

An invisible illness, disability, or difference can make one feel unseen and confused. Mariah suspects that she is part of an emerging "lost generation" of women and nonbinary folk who have only recently gained insight into a deeper Why: Why we have struggled with relationships or



MARIAH LAMOUR

reflecting upon life through this new lens. With a BA in Technical Communication and Professional Writing, Mariah has been utilizing her academic and creative skills to present these reflections through her podcast, called Spectral.

She hopes that sharing her experiences with the world will encourage more people to practice radical honesty and sincere listening in communication (a trait common to autism and often misinterpreted as rude, unfeeling, or argumentative, rather than a determination to question and understand things that don't make sense to us).

Having no sponsorships or monetization for the show (since Spectral is yet fairly new and unknown, and networking is a struggle), Mariah has been pursuing disability aid from Social Security. She hopes it will relieve

some of the stress of daily living on herself and her husband while she works to discover and acknowledge the circumstances which have resulted in debilitating levels of anxiety throughout her past.

To support this growth of character, Mariah attends art therapy twice per week, and continues her education through a local entrepreneurship course by WomenVenture. She has also started to invite guests onto her podcast: In Episode 08, "Mosaics of Consciousness", Mariah chats with fine artist Kaitlyn Basta about social anxiety and authenticity. Waiting in the wings for future episodes are Doctor of Osteopathic Medicine Laura Robitschek and trans-femme philosopher Felicity Mac.

Edit: Spectral is now available to listen on Spotify!

Spectral is a podcast about neurodivergence and creativity.

 @spectralpod

 <https://spectralpod.com>

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Podchaser, and iHeartRadio.



communication, why we were so often looked on as weird or shy as kids, and why we just can't seem to get it right, even in adulthood. Turns out... we're autistic.

Although psychological testing to confirm autism has a wait list years long, that hasn't stopped Mariah from exploring and