

Shell Mendelson Presents Unlock Your Career Galaxy: Map Your Career Direction for Neurodivergent Adults and Teens

A career guide designed to help neurodivergent individuals identify fulfilling work aligned with their skills, interests, and unique ways of thinking.

NEW YORK CITY, NY, UNITED STATES, June 24, 2026 /EINPresswire.com/ -- Shell Mendelson presents *Unlock Your Career Galaxy: Map Your Career Direction for Neurodivergent Adults and Teens*, a career development guide created to help neurodivergent individuals identify fulfilling work that aligns with their preferred skills, interests, and unique ways of thinking. Drawing from decades of professional experience in career counseling and coaching, as well as her own personal journey with ADHD, Mendelson offers readers a structured framework for navigating career decisions with greater clarity and confidence.

In *Unlock Your Career Galaxy: Map Your Career Direction for Neurodivergent Adults and Teens*, readers are guided through a process designed to help them better understand how their minds work and how those traits influence career satisfaction and success. The book and ebook combine practical exercises, career exploration tools, and self-reflection techniques to help readers identify meaningful opportunities. By focusing on skills rather than limitations, Mendelson encourages individuals to view neurodivergence as an asset that can lead to rewarding and productive career paths when properly understood and supported.

The inspiration behind the book comes from Mendelson's own experiences of struggling through numerous jobs and entrepreneurial endeavors before receiving an ADHD diagnosis later in life. After years of professional challenges and personal discovery, she recognized the importance of understanding brain wiring when making career decisions. Motivated by both her personal transformation and her work with thousands of clients, she developed a system aimed at



helping others avoid years of uncertainty and frustration while building careers that genuinely fit their profile.

Beyond identifying the best career fit, the book explores broader themes of self-acceptance, confidence, and personal empowerment. Mendelson emphasizes that many neurodivergent individuals have spent years trying to adapt to environments that were not designed for the way they think and learn. Through greater self-awareness and intentional career exploration, readers are encouraged to move beyond feelings of being different or misplaced and instead embrace their unique abilities as valuable skills.

The book is intended for ADHD adults, teens, career changers, students, and other neurodivergent individuals seeking guidance in making informed career decisions. It may also benefit parents, educators, counselors, and coaches who support neurodivergent learners and professionals. Readers will find a practical and encouraging resource designed to reduce uncertainty while providing actionable steps toward meaningful employment and long-term fulfillment. With its graphic and step-by-step approach, the book easily translates to help anyone with a desire to find their true direction.

Shell Mendelson is an ADHD Career Coach and Counselor with a Master's degree in Vocational and Career Counseling. Over the course of her career, she has helped thousands of individuals navigate career transitions and discover work that aligns with their skills and passions. Through *Unlock Your Career Path*, she shares the insights, tools, and strategies developed through decades of professional experience and personal growth.

The book is available at:
<https://a.co/d/OdM1hLzA>
<https://shorturl.at/Flpbj>

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