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Guide to nonverbal learning disabilities

SPECIAL TO THE TOWN CRIER

Michael Brian Murphy of Wayland has published the second edition of his successful book, "NLD From the Inside Out: Talking to Parents, Teachers, and Teens about Growing Up with Nonverbal Learning Disabilities."

Based on current neuroscientific findings and Murphy's latest research, the second edition provides more insight into NLD and successful coping strategies, as well as more stories of young adults with NLD.

"The response from teens with NLD, as well as from their parents and teachers, was almost overwhelming," said Murphy. "This second edition answers many of the questions raised by readers of the first edition, based on additional research and readers' experiences of living with NLD."

NLD is an often misdiagnosed and misunderstood neuropsychological disorder which affects about 1 percent of the population. Those with NLD tend to have difficulty with motor skills, understanding social cues and socially appropriate behavior, and executive function, which includes organization, prioritization and impulse control.

A 1999 graduate of Wayland High School, Murphy explains, "My own NLD was not diagnosed correctly until I was 24. I spent my entire academic career in special education classes and resource rooms. The majority of the time, no one even knew what was wrong - only that I was 'different.'"

"If only I'd known at the time what was typical for someone with NLD, that there were others like me, it would have made life so much easier for me, for my parents, and for my teachers. And that's one of the reasons I wrote this book - to show teens with NLD that they are not alone."

While the first edition of "NLD From the Inside Out" was an extension of Murphy's undergraduate psychology thesis, this edition is revised, updated and expanded.

Murphy graduated from Clark University with honors in 2006, and completed his master's degree in Jewish studies at Hebrew College in 2009.

When he initially advertised for interview subjects for the thesis, he received an enormous outpouring of e-mails from parents and teachers desperate for information

about how to help their children and students. That was the impetus for the first edition. A similar response from readers prompted this latest effort.

"I was truly astounded by the response," said Murphy. "The emotions expressed in the calls and letters - first fear, then hope, and finally gratitude for what I'd written - were so consistent that I knew I couldn't stop there."

As with the first edition, Murphy's mother Gail Shapiro, the author of six nonfiction books, served as editor and associate project manager.

"I wish I could have read this book while Michael was growing up," Shapiro said. "I could really identify with the frustration expressed by the parents who wrote to him. This edition builds on that feedback to help teens achieve improved academic and personal success."

"NLD From The Inside Out" is available to order online in large format paperback (\$19.95) and as an e-book (downloadable as a PDF for \$12.95) (www.nldfromtheinsideout.com) or at all online booksellers.