

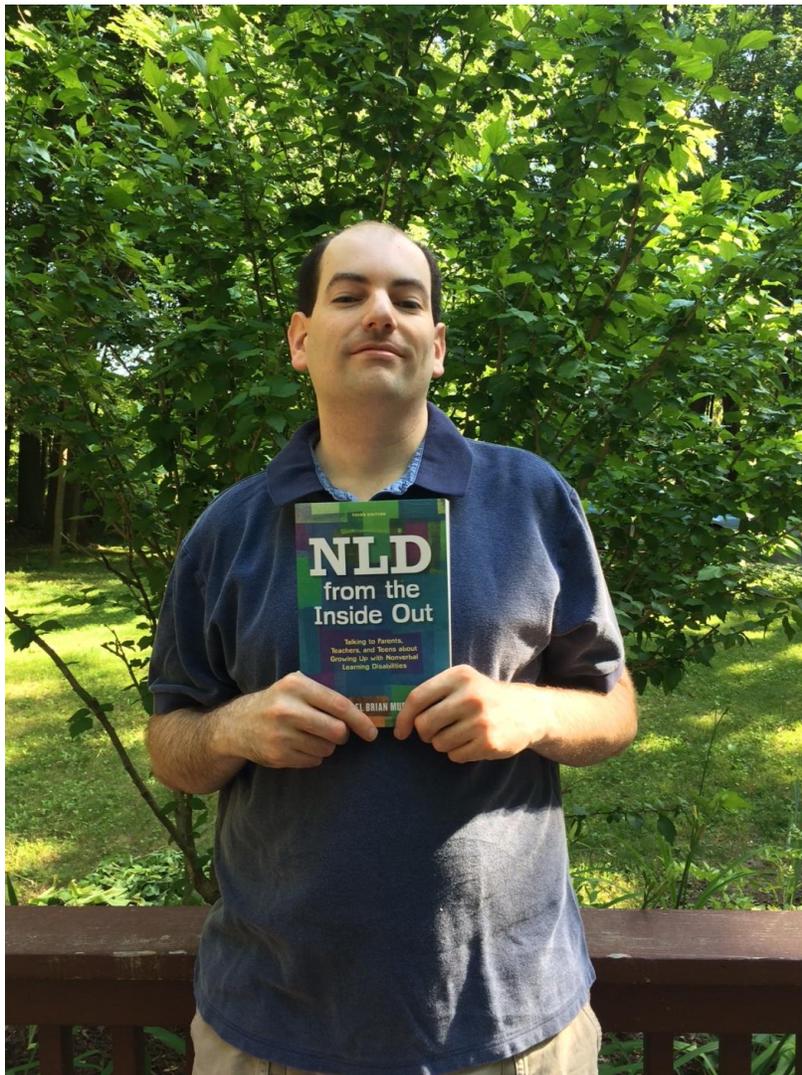
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## Wayland resident publishes third edition of book



Author Michael Brian Murphy of Wayland WICKED LOCAL STAFF PHOTO / ART ILLMAN

**Sunday**

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**Michael Brian Murphy** of Wayland has announced the publication of the third edition of [“NLD From the Inside Out: Talking to Parents, Teachers, and Teens about Growing Up with Nonverbal Learning Disabilities.”](#)

Written for teens and young adults with Nonverbal Learning Disabilities (NLD), and for their parents, teachers and therapists, this expanded new edition presents useful tips, strategies and insights into living with this misunderstood disability, in the voices of those who experience it.

Backed by the latest neuroscientific research, it covers how to understand NLD, preparing for academic success, friendships and dating, and life after high school, as well as how to change disabling attitudes.

Expanding on his senior thesis at Clark University in 2006, Murphy interviewed and surveyed more than 100 other young adults with NLD. He self-published the first two editions of the book, which sold several thousand copies in 37 countries. It then caught the attention of Jessica Kingsley Publishers, and this expanded and revised third edition came out this summer.

“There was a dearth of books on the market about living with NLD, and none was written by an NLDer,” Murphy said. “The prevalence of NLD is about 1 percent of the general population, or about 10 percent of those with a learning disability, but since it’s so hard to diagnose, and often is confused with other disorders, that number isn’t clear.

“The main point is this – even if you yourself don’t have NLD, the chances are good that you will meet, marry, befriend, teach or give birth to someone who does, so it’s good for everyone to understand it.”

Murphy spent 13 years in the Wayland Public Schools, 12 of them in special education, “not knowing exactly why I was there,” he said wryly. “Most of my teachers tried to help, but no one understood exactly what was going on, as I didn’t get a correct diagnosis until I was 24. I failed every single English class – from high school all the way through my third college (he attended four colleges before earning his B.A.), when I finally met a former Wayland teacher, on the

faculty at MassBay, who understood that I needed very concrete, step-by-step instructions for each assignment. From that point on, I started earning straight As.”

Murphy graduated from MassBay summa cum laude, and from Clark cum laude, before going on to Hebrew College to earn a master’s degree in Jewish studies in 2009.

“(Murphy) writes with an authentic voice about a diagnosis that he shares with many other teens and adults,” said former Wayland residents Judith Canty Graves and Carson Graves, authors of “Parents Have the Power to Make Special Education Work.” “This inside look at NLD contains wisdom, clarity and humor that will inspire those with NLD, as well as parents, teachers and therapists.”

“By giving a forum for young adults with NLD to talk about their frustrations, challenges, coping techniques and accomplishments, and sharing these with readers,” Murphy said, “NLD From the Inside Out’ offers role models and hope for the future for younger children with NLD and their parents. It’s my intention to try to break through the barriers that may limit other bright, talented children from reaching their full potential.”