

A Heartfelt Exploration of Compassion, Humor, Problem Solving, and the Power of Family from Author Dr. Michael Gordon



Syracuse, New York Dec 12, 2025 ([Issuewire.com](https://www.issuewire.com)) - Books To Life Marketing proudly presents ***The Book of David: On Caring for Siblings with Special Needs*** by Dr. Michael Gordon, a moving, candid, and insightful work that shines a light on both the burdens and blessings of caring for a loved one with disabilities. Combining decades of professional expertise as a clinical psychologist with deeply personal experience as a devoted brother, Dr. Gordon offers readers a unique and uplifting perspective on empathy, humor, faith, and the resilience of the human spirit.

While ***The Book of David*** celebrates the beauty and meaning found in caregiving, it also acknowledges the often-overwhelming emotional and practical challenges that come with the role. Dr. Gordon writes with honesty and compassion about the weight of responsibility and the emotional toll that caregiving can bring—reminding readers that love and struggle often coexist. Through his brother David's story, he explores how people with disabilities can teach us what it means to live a rich and purposeful life.

This thought-provoking and heartfelt book offers both realism and hope—balancing its acknowledgment of hardship with a deep appreciation for joy, personal growth, and spiritual fulfillment. It celebrates the

profound connections that form within families and communities when we choose to care for one another with patience, love, and respect.

Quote from the Author:

“Caregiving for someone with a disability, while a weighty responsibility, focuses your attention on how best to problem solve when life goes off-script. It highlights the benefits of empathy, humor, spirituality, devotion, and respect for someone’s inherent value, even if they might have significant limitations.

Caring for a brother or sister with disabilities can be burdensome and, in some cases, overwhelming. No matter how much we love them, we can still suffer mightily under the weight of the responsibilities they bring into our lives. My aim is not to sugarcoat disability or trivialize the negative impact caregiving might have, but to offer a nuanced view—one that recognizes how managing the less-than-perfect among us can enrich us all, individually, within our families, and across our communities.”

About the Author:

Dr. Michael Gordon is a distinguished clinical psychologist based in Syracuse, New York, and professor emeritus of psychiatry at SUNY Upstate Medical University. A pioneer in ADHD research, he founded one of the first subspecialty ADHD clinics in the country and developed the internationally recognized Gordon Diagnostic System.

Dr. Gordon has authored eleven books for professionals, parents, and children, including *ADHD-Hyperactivity: A Consumer's Guide* and *ADHD on Trial*. He is a recipient of the CHADD Hall of Fame Award for his decades-long advocacy for individuals with ADHD and their families.

Beyond his clinical career, he is also an accomplished **columnist, book reviewer, singer-songwriter, and photographer**.

Book Details:

Title: *The Book of David: On Caring for Siblings with Special Needs*

Author: Dr. Michael Gordon

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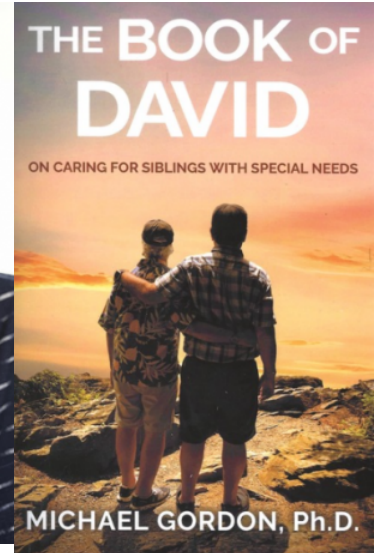
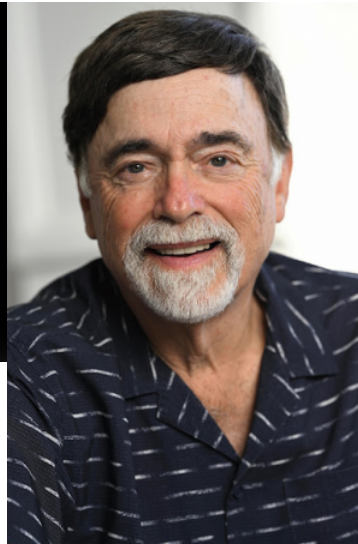
Media Appearances:

Dr. Michael Gordon was recently featured on **The Chris Voss Show**, where he discussed his inspiration for writing *The Book of David*, his experiences as both a clinician and a sibling caregiver, and how humor and love can transform life’s greatest challenges into opportunities for grace and growth.

Watch the interview here: <https://www.youtube.com/watch?v=s1Qco-5kBF8>

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