

New Memoir by Michigan Author David Good Shows How Neurodiversity Is An Asset to Leadership

BYRON CENTER, MI, UNITED STATES, August 6, 2026 /EINPresswire.com/ -- Organizations often identify leadership potential through confidence, polish, and ease in social settings. That habit can cause employers and communities to overlook people who think differently, communicate differently, or live with disabilities.

Michigan author and community strategist [David Good](#) addresses that problem in his new memoir, "[From Bedridden to the Boardroom](#): Life Begins When You Lose Everything." The book describes how leadership can grow through service, practice, and the decision to keep showing up before confidence arrives.

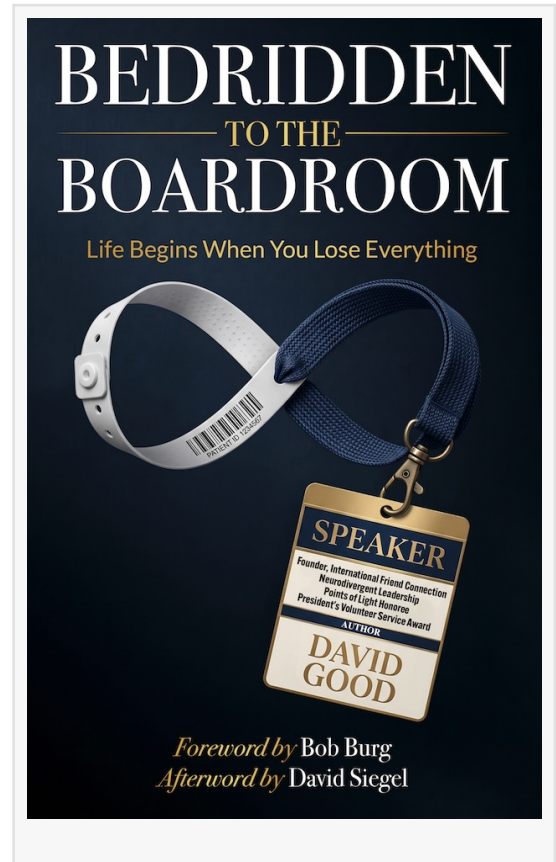
Within three days of release, the memoir reached #1 on Amazon's Business Diversity & Inclusion bestseller list and #1 New Release in Amazon's Autism category.

In 2016, a disabling neck injury and migraines occurring 30 days a month left Good bedridden much of the week and ended his software development career. He had worked in the field since age 16. He also faced severe depression and anxiety that made daily life and public speaking far more difficult.

Years later, Good addressed the board of directors of Meetup, spoke at the company's 20th anniversary celebration, lectured through Cultural Autism Studies at Yale and participated in the United Nations' Seventieth Commission on the Status of Women.

"I learned to act while fear, pain and uncertainty were still present," Good said. "I also learned that some traits I thought disqualified me became useful in the right setting."

"From Bedridden to the Boardroom" follows Good from his childhood on a Michigan dairy farm through bullying, isolation, chronic illness, grief and a late autism diagnosis. He writes about years of judging himself against expectations that seemed natural to other people.



The book describes what changed when Good began studying human connection as a system. His ability to notice patterns and test different approaches became useful in leadership. He created spaces where shy, socially anxious, and neurodivergent adults could meet without the pressure of a loud bar or forced networking event.

While still limited by pain, Good continued hosting those gatherings. They grew into International Friend Connection, a peer-led network that peaked at 50 chapters in more than 20 countries and reached tens of thousands of people.

Good's development as a speaker was slow and practical. Three years before addressing Meetup's board, he struggled to speak on camera. Twelve years earlier, he shook so badly at a board game gathering that he could barely introduce himself.

Practice, treatment, mentors and many small choices helped him speak in rooms he once could not imagine entering.



David Good at the United Nations

“

I learned to act while fear, pain, and uncertainty were still present. I also learned that some traits I thought disqualified me became useful in the right setting.”

David Good

The memoir asks readers and organizations to reconsider how they recognize leadership potential. Confidence can develop after a person begins leading. A different communication style does not erase judgment or ability. Disability may change how someone works while leaving that person with valuable ideas and experience.

The book briefly describes the No Fail Formula, a debrief process Good developed while leading International Friend Connection. It is one example of how Good learned from

setbacks.

Good now speaks to companies, associations, universities and mission-driven organizations. His talks cover resilient leadership, neurodivergent strengths, social connection, community design and learning from difficult outcomes.

The memoir includes a foreword by Bob Burg, coauthor of the international bestseller *The Go-Giver*. Burg calls Good one of his “real-life action heroes.” Former Meetup and Investopedia CEO

David Siegel wrote the afterword and reflects on Good's ability to build the community he once needed.

Good has been named a Points of Light honoree and has received multiple Presidential Service Awards for volunteer leadership. His experience connects with concerns about loneliness, workplace burnout, invisible disability and narrow standards for judging who is ready to lead.

"From Bedridden to the Boardroom" is published by Organization for Good LLC. It is available in hardcover, case-laminate hardcover, softcover and ebook editions.



Good is available for media interviews, podcast appearances, keynote presentations and workshops.

About David Good

David Good is a Michigan author, speaker, community strategist and founder of International Friend Connection. He has spoken at Meetup's 20th anniversary celebration, presented to its board, lectured through Cultural Autism Studies at Yale and participated in the United Nations' Seventieth Commission on the Status of Women. His work focuses on leadership and human connection.

See videos at <https://www.youtube.com/@friendmagnet>

David Good
Organization For Good LLC
+1 616-259-6416
media@davidgood.org

This press release can be viewed online at: <https://www.einpresswire.com/article/932060606>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.