

Show Notes

Date: 5/6/22

Name of Podcast: Read. Return. Repeat. A ReadICT Podcast.

Episode Title and Number: Checked Out (Season 2, Episode 2)

Episode Summary:

In this episode, co-hosts Sara Dixon and Daniel Pewewardy explore the topic of mental illness with guest Zack McDermott, author of the memoir *Gorilla and the Bird: A Memoir of Madness and a Mother's Love*. Zack, who grew up in Wichita, talks about his book, how his mom inspires him, his love/hate relationship with his hometown, and shares his experiences living with Bipolar I disorder.

Guest Bio:

Zack McDermott is the author *Gorilla and the Bird: A Memoir of Madness and a Mother's Love*, published in 2017. Diagnosed with Bipolar 1 disorder following a psychotic break at age 26, he had previously worked as a public defender for Legal Aid in New York City. His work has appeared in the *New York Times*, *This American Life*, *Morning Edition*, and *Gawker*, among other places.

(source: Amazon.com)

Topic Index:

Summary of *Gorilla and the Bird* (1:44)

Zack talks about his mom (6:46)

Portrayal of Wichita in the book (12:01)

Why tell his story? (20:20)

Plans for future writing projects (26:39)

The Gorilla Bird Foundation (31:10)

Musical references in the book (33:09)

Experience living through COVID (37:17)

Advice for those living with or close to someone with mental illness (40:49)

Books Recommended in this Episode:

Broken (in the best possible way) by Jenny Lawson

In the Dream House: A Memoir by Carmen Maria Machado

Invisible Differences: A Story of Asperger's, Adulthood and Living a Life in Full Color by Julie Dachez

Resources & Links:

[Gorilla and the Bird: A Memoir of Madness and a Mother's Love](#) by Zack McDermott

Follow Zack McDermott on Social Media:

Twitter - [@ZackMcDermott](#)

Instagram - [@WichitaZack](#)

[Digital Magazines](#)

[Library of Things](#)

[GorillaBird Foundation](#)

COMCARE of Sedgwick County 24-hour Crisis Hotline: **316-660-7500**

National Suicide Prevention Lifeline: **1-800-273-8255** ([starting July 18, 2022 dial 988](#))

NAMI (National Alliance on Mental Illness) [Nami.org](#)

Full Transcript: http://wichitalibrary.org/BooksMore/podcast/Pages/rrr_s2e2.aspx

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