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.

(souce: 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, Adulting 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](https://twitter.com/ZackMcDermott)

Instagram - [@WichitaZack](https://www.instagram.com/wichita_zack/)

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](https://www.suicidepreventionlifeline.org/))

NAMI (National Alliance on Mental Illness) [Nami.org](https://nami.org)

Full Transcript: [http://wichitalibrary.org/BooksMore/podcast/Pages/rrr_s2e2.aspx](http://wichitalibrary.org/BooksMore/podcast/Pages/rrr_s2e2.aspx)

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