

Read. Return. Repeat.

A ReadICT Podcast

Show Notes

Season 4 Episode 2: The (neuro) spice must flow: a chat about neurodiversity

April 5th, 2024



In this episode

Sara and Daniel discuss ReadICT Category 5: A book by or about someone who is neurodivergent. Joining the discussion are Ian and Jenny, members of the Read Return Repeat production team who normally work behind the camera. In this informal chat, they talk about how they define neurodivergence, common myths about people with conditions like ADHD, Dyslexia and Autism, and why accurate representation in media of people living with these conditions can help everyone embrace being different. Also, there may or may not be Dune spoilers.

Books mentioned in this episode

Happiness Falls by Angie Kim

A Thousand Ways to Pay Attention: A Memoir of Coming Home to My Neurodivergent Mind
by Rebecca Schiller

It by Stephen King

Dune by Frank Herbert

House of Leaves by Mark Z. Danielewski

Infinite Jest by David Foster Wallace

War and Peace by Leo Tolstoy

Ulysses by James Joyce

Lincoln in the Bardo by George Saunders

Inciting Joy by Ross Gay

World War Z: An Oral History of the Zombie War by Max Brooks

There There by Tommy Orange

Devolution: A Firsthand Account of the Rainier Sasquatch Massacre by Max Brooks

The Prophet: A Graphic Novel Adaptation by Kahlil Gibran (adapted by A. David Lewis)

The Great Illustrated Classics series (various authors)

Kindred: A Graphic Novel Adaptation by Octavia Butler (adapted by Damian Duffy)

Randi Rhodes, Ninja Detective series by Octavia Spencer

The Best We Could Do: An Illustrated Memoir by Thi Bui

The Nightmare Factory: Based on the Stories of Thomas Ligotti

Stamped from the Beginning: A Graphic History of Racist Ideas in America by Ibram X. Kendi and Joel Christian Gill

Sensory: Life on the Spectrum: An Autistic Comics Anthology edited by Bex Ollerton

The Collected Schizophrenias: Essays by Esmé Weijun Wang

Save Me the Waltz by Zelda Fitzgerald

Alien: The Cold Forge by Alex White

On Writing: A Memoir of the Craft by Stephen King

Lavender Clouds: Comics about Neurodivergence and Mental Health by Bex Ollerton
(release date June 11, 2024)

Topics discussed in this episode (with timestamps)

- Introducing podcast producers Jenny and Ian 0:30
- Defining “Neurodivergent” 2:24
- Neurodivergent representation in media and literature 7:49
- Cultural aspects of neurodivergence 10:45
- Misconceptions about neurodivergence 13:53

- Neurodivergence in the past/through history 15:57
- ADHD medications and hyperfocus (busting some myths) 19:37
- The benefits of audiobooks 30:10
- Fictional oral histories 36:55
- Graphic novel adaptations 40:10
- Book It! Program 48:44
- More book recommendations 50:13

Relevant links to topics mentioned in this episode

- International Dyslexia Association: [Understanding Dysgraphia](#)
- Cleveland Clinic: [Neurodivergent](#)
- MiTraining: [Dispelling common myths about neurodiversity](#)
- Scholastic Parents: [Why it's important for kids to see themselves in books](#)
- Rickriordan.com: [The Learning Disabled Hero \(blog post from 2005\)](#)
- Epilepsy Foundation: [When Epilepsy goes by another name](#)
- National Geographic Education: [On Island of the Colorblind, paradise has a different hue](#)
- Angelman Syndrome Foundation: [What is Angelman Syndrome?](#)
- National Library of Medicine: [Women and Hysteria in the history of mental health](#)
- [What is measured during a Qb test? \(Video\)](#)
- Queen Mary University of London: [The Reading Spectrum –Is there a right way to read?](#)
- Nickgray.net: [I met the founder of Book It! And here's how it started \(blog post from 2023\)](#)
- ADHDinos (web comic) [@ADHDinos](#) on Instagram
- ADHD Alien (web comic) [@adhd_alien](#) on Instagram

[Link to episode transcript](#)

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