

MEDIA RELEASE

TRY NOT TO THINK OF A PINK ELEPHANT

by **MARTIN INGLE, DANI LEEVER,
PATRICK MARLBOROUGH,
KATHARINE POLLOCK and
SIENNA ROSE SCULLY**

ABOUT THE BOOK

Throw out everything you think you know about Obsessive Compulsive Disorder and read this book! *Try Not to Think of a Pink Elephant* is a collection of true stories by talented writers who live with OCD.

At times humorous, at times heartbreaking, this engaging anthology will keep you on the edge of your seat, compelling you to read each person's unique experience of the disorder.

There's Martin Ingle on OCD and sexual intimacy; Dani Leever on contamination-based OCD; Patrick Marlborough on living with OCD in NYC; Katharine Pollock on over-achievement and food and body control; and Sienna Rose Scully on the untimely death of her mother, an event that actualised her most persistent OCD obsession.

ABOUT THE CONTRIBUTORS

Martin Ingle is a writer, filmmaker, actor and obsessive-compulsive worrywart who lives and works on Yuggera land (Brisbane). His comedy-drama series *Disorderly* was developed by Screen Queensland and he co-starred in the ABC series *Pushed*.

Dani Leever is a genderqueer nonfiction writer from Naarm (Melbourne). They are the online deputy editor at *Archer Magazine*.

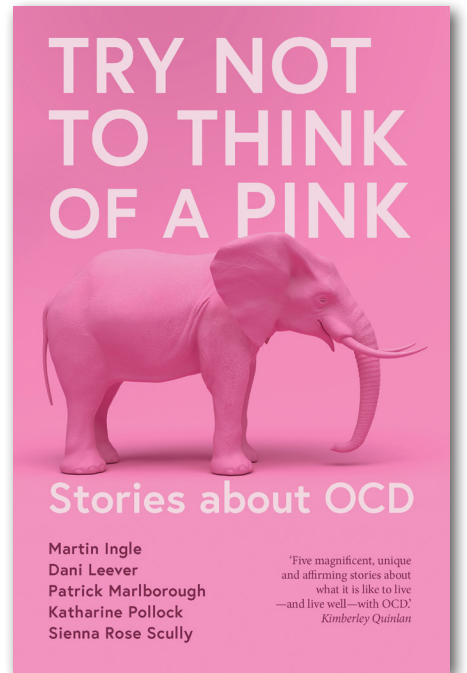
Patrick Marlborough is a neurodivergent nonbinary writer, comedian, journalist, critic and musician based in Walyalap (Fremantle), Wadjuk Boodja. Patrick's first novel was shortlisted for the Fogarty Literary Award.

Katharine Pollock is a writer who lives and writes on Eora land (Sydney). Her comedic novel *Her Fidelity* was published by Penguin Random House in 2022.

Sienna Rose Scully is the youngest of four children, and grew up in Noongar Wadjuk Boodja (Fremantle). Sienna obtained her degree as a student-athlete playing soccer at a collegiate level in the USA. It was her story that inspired this book.

NOTES

- Around one in every 100 Australians will experience Obsessive Compulsive Disorder (OCD) at some point in their life – overwhelming obsessive thoughts that must be relieved by the enactment of compulsions. These can take up hours of person's day and fill them with shame and anxiety. OCD affects people of all ages, but usually starts in childhood, and can be a debilitating impediment to everyday functioning.
- Featuring five long-form memoir essays from people who have been diagnosed and come to terms with the condition, the book also features an introduction by author, therapist and OCD specialist, Kimberley Quinlan.



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