

Praise for *Dead, Insane, or In Jail: OVERWRITTEN*

“In *Overwritten*, Zack Bonnie explains some of the standard methods of mind control used to break down people’s identities, to force them to dissociate, and to overwhelm them. Institutions like the one Zack endured, Rocky Mountain Academy, seem to behave the opposite of what a therapeutic environment should be. I applaud Zack’s bold, honest description of his journey through abuse. I commend him for wanting to understand it, dissect it, and digest it – and integrate it in a way that will help others.”

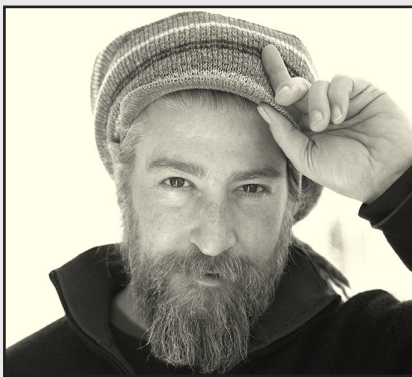
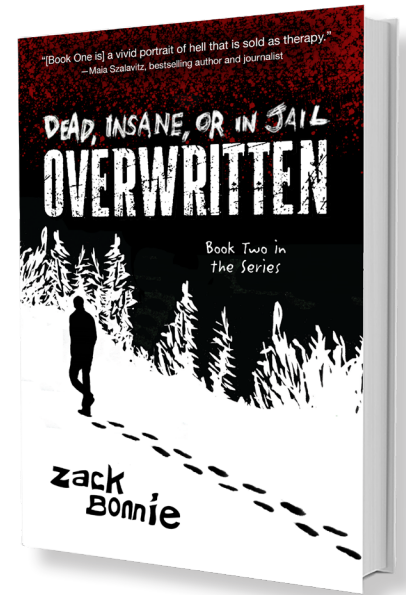
—Steven Hassan, Author, *Combating Cult Mind Control and Freedom of Mind: Helping Loved Ones Leave Controlling People Cults and Beliefs*

“Zack Bonnie recounts the well-intentioned, but ill-informed, ways that we attempt to deal with attachment issues, impulsivity, and substance abuse, which are so often the repercussions of sexual assault and developmental trauma in teens. His book, *Dead, Insane, or in Jail: Overwritten*, serves as a reminder that healing trauma must begin with targeting the underlying brain state, a concept still largely misunderstood in treatment facilities.”

—Sebern Fisher, Author, *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain*

“Zack Bonnie has provided us with a book which is well written and engaging, edgy and humorous, in his continuing memoir of doing time in the troubled teen industry. Zack invites us into the daily routine, depicting what one must do, how one must adapt and conform, in order to survive. And survive Zack did, long enough to be able to bring his story into the light of day, and provide for his former classmates, and other similarly disenfranchised voices, a chance to be heard. If speaking out, like art, can be an antidote to the impacts of abuse, then I think Zack’s book will be a helpful tonic for those who were in teen re-education camps, and for those who want to understand.”

—Diana Pletts, Director, The Phoenix Project



After a childhood in Charlottesville, VA, and two and a half years at Rocky Mountain Academy in Idaho, Zack Bonnie earned a BA in drama from Bard College. His public speaking focuses on topics of human rights and social psychology. He has hiked over 5,000 miles. With his longtime companion, Rebecca Danis, he makes his home in the Blue Ridge Mountains of Central Virginia.

Learn about coming of age in the remote Rockies of Northern Idaho, within the confines of an intensive “emotional growth program.” Follow the relationships that develop, in spite of the school’s strict rules. Think *Orange Is the New Black*, in Idaho. With teenagers.



Zack Bonnie / Not With The Program Productions • Dyke, VA 22935

Skype zack.bonnie • writethewriter@deadinsaneorinjail.com • DeadInsaneOrInJail.com