


Shala Nicely

BIOGRAPHY



SHALA NICELY

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Shala Nicely is an OCD survivor, author, advocate and therapist specializing in the treatment of OCD and related disorders in Atlanta. Her life is a testament to the power of resilience, as she learned to thrive despite being shattered twice—once by a car and again by her crushing OCD, which she vividly recounts in *Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life*. *Fred* has received critical acclaim within the OCD community, where it's been hailed as a “masterpiece,” “an amazing story of terror and resilience,” “an inspirational story of hope,” and “one of the clearest descriptions of the experience of OCD and how one can learn to defeat it” by international experts in the field.

Shala is coauthor with Jon Hershfield, MFT, of *Everyday Mindfulness for OCD: Tips, Tricks and Skills for Living Joyfully*. She is cofounder with Jeff Bell of BeyondtheDoubt.com, an initiative dedicated to helping people learn to thrive through uncertainty, and an advocate for The Adversity 2 Advocacy Alliance. She blogs for *Psychology Today*, offering an inside perspective on life with OCD, her most popular post being “The Hidden Power of Swearing at Your OCD: Three ways to use the art and science of cursing to power up your recovery.”

