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## Noted OCD Expert Shares Her Own Long-Secret Recovery Story

Groundbreaking memoir offers intimate look at life with,  
and recovery from, OCD and body dysmorphic disorder

ATLANTA - May 22, 2018 — Even at nine years old, Shala Nicely knew there was nothing normal about the horrifying thoughts that tormented her at bedtime, or the nightly rituals she summoned to beat them back. More importantly, she knew to obey her mind's Rule #1: keep its secret, or risk losing everything and everyone she loved.

It would be almost two decades before she learned the name of the menacing monster holding her hostage: obsessive-compulsive disorder (OCD). It would take years longer to piece together the keys to recovery that would change her life forever, beginning with the day she broke her monster's silence.

Writing with wry wit, unflinching candor, and resounding insight, Nicely takes readers on a riveting journey into the dark and dimly understood inner workings of OCD and its frequent co-conspirator, body dysmorphic disorder (BDD). Ultimately, *Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life* is a story of turning personal adversity into advocacy for others, as it chronicles Nicely's experience becoming a therapist treating people who have OCD, BDD, and other related disorders. "It can take OCD sufferers years or even decades to receive the right treatment," says Nicely. "It's my great hope that, through my treatment practice, outreach, and this book, I can help reduce that timeframe."

With an afterword by Reid Wilson, PhD, offering powerful guidance for applying Nicely's strategies in daily life, *Fred* will leave legions of those affected by mental illness feeling seen, understood, and empowered.

*Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life* will be released May 29, 2018.

ABOUT SHALA NICELY: Shala Nicely, LPC, specializes in the treatment of OCD and related disorders in Atlanta. She is coauthor with Jon Hershfield, MFT, of *Everyday Mindfulness for OCD: Tips, Tricks and Skills for Living Joyfully*. She is cofounder of [BeyondtheDoubt.com](http://BeyondtheDoubt.com), an initiative dedicated to helping people learn to thrive through uncertainty, and she blogs for *Psychology Today*, offering an inside perspective on life with OCD.

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Fred Media Kit: <http://www.shalanicely.com/books/fred-ocd/media/>

Fred on Amazon: <https://www.amazon.com/dp/Bo7CQ66T6F>

Beyond the Doubt: <http://beyondthedoubt.com/>

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