

"An inspirational story of hope."
Jonathan Grayson, PhD, author of Freedom from Obsessive-Compulsive Disorder

Is Fred in the Refrigerator?

TAMING OCD AND RECLAIMING MY LIFE



Shala Nicely

Foreword by JEFF BELL and Afterword by REID WILSON, PhD

Shala Nicely and

Is Fred in the Refrigerator?: Taming OCD and Reclaiming My Life



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. will leave legions of those suffering from mental illness feeling seen, understood, and empowered. Frost, PhD, Harold and Elsa Siipola Israel Professor of Psychology at Smith College and coauthor of the New York Situations bestseller *Stuff: Compulsive Hoarding* and this is of Things More importantly, she knew to obey her mind's Rule #1: maintain its secret, or risk dropping everything and everyone she loved. It would be almost two decades before she learned the name of the menacing monster keeping her hostage: obsessive-compulsive disorder (OCD). With an Afterword by Reid Wilson, PhD providing powerful assistance for applying Shala's strategies in daily life, *Is Fred in the Refrigerator?* Writing with wry wit, unflinching candor, and resounding insight, Shala takes readers on a riveting trip into the dark and dimly understood inner workings of OCD and its frequent co-conspirator, body dysmorphic disorder (BDD). Thwarted repeatedly as she struggles to escape the clutches of the formidable foes, she finally stumbles upon an unexpected path to freedom. As she journeys in to the heart of dread to reclaim her lifestyle, she weaves a self-compassionate roadmap to recovery: to surviving in an uncertain globe and being happy anyway. It could take years much longer to patch together the keys to recovery that would change her life permanently, beginning with the day she broke her monster's silence." Ashley Smith, PhD, coauthor of *Childhood Panic Disorders* A gripping memoir that gives tone of voice to the invisible, life-destroying power of obsessive-compulsive disorder, and how one female stood up to dread, embraced the unknown, and reclaimed her lifestyle. "A memoir . about most of us with this sort of mind..." Jon Hershfield, MFT, author of *Overcoming Damage* OCD "Among the clearest descriptions of the knowledge of OCD ."A masterfully written memoir-meets-educational-meets-inspirational tale that I couldn't deposit.. you'll cry, you'll cheer, and you will place your shoulders back again with Shala as she conquers the OCD demon." Randy O. Actually at nine yrs . old, Shala Nicely knew there is nothing regular about the horrifying thoughts that tormented her at bedtime, or the nightly rituals she summoned to beat them back.



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. I am also individually a sufferer of OCD who became a therapist specializing in treating the disorder. I really could relate to all the suffering and the strategies offered in this reserve have already been tremendously helpful. Even while an adult, she could not find correct help for many years and experienced tremendously. She information strategies that she's utilized, and how useful they're. What makes this true story even better is that Shala went back to school and made a mid existence change in professions. It offers helped me to observe how OCD provides affected me throughout my life. This reserve stands firm among the greatest out there. I've got the privilege of meeting Shala at the International OCD Basis conferences. A Moving Accounts About Life With OCD Shala's story about living with and overcoming OCD can be an inspiration! The insights sandwiched between raw humor and extreme dread must not be overlooked. You will not be disappointed. For those who have OCD, or know somebody who does, waste no time in getting this amazing book. This is a robust, entertaining, and deeply moving account of a woman growing up with Obsessive Compulsive Disorder, rather than knowing what it had been. This story will provide hope and assistance. This first hand account is no walk in the park (in fact I would say it is more like a walk on the National Mall), nonetheless it plant life and nurtures the hope that many of us have experienced with ERP and CBT. Organic storyteller takes reader in the world of someone with OCD I picked up this reserve because throughout my life I've had close friends and relatives who've suffered with OCD and BDD. Perfectly is certainly unflinching in her honesty from the get-go, providing the reader precious insight into what it's like to live through the experience of OCD. All too often, people joke about being OCD about one thing or another, but after reading Nicely's reserve I came aside with only awe and respect on her behalf refusal to quit searching for a way to get back control of her own life. It's the 1st book I have finished on OCD (although I own 3-4 others). Totally fundamental reading for anyone who has loved ones dealing with OCD and BDD. Among the best OCD books out there - what it's enjoy to have OCD I loved her tale - it had been so fascinating in order to really get into the top of someone who has OCD. This is a real, raw, and genuine account of what it is like to have a problem with the 'monster' that's OCD. Shala is a good writer. The publication reads like a novel, not clinical at all but chock full of knowledge. I highly recommend it. Must read for those with OCD! As someone who has treated OCD for years, I can not recommend this book more than enough! It is a outstanding portrayal of the internal workings of the OCD human brain and an inspirational how to guide for thriving despite the disorder. Browse it..Move buy this book instantly in the event that you or someone you know has OCD!after that read it again!We was presented with a free duplicate of this book in order to review it. I don't have OCD, but do possess perfectionistic and workaholic tendencies, and am currently using her ways to counteract these

tendencies. (& You will be riveted to the story, and feel on the spot with Shala as she undergoes life attempting to please her OCD monster and its own demanding rules. I think that folks with or without OCD would benefit from this book. Not just for those with OCD I loved the way Shala wrote the first section as an actions story, and then personified her OCD as a little blubbering pathetic creature sitting down on her shoulder! Wonderful Loved reading my cousin's story therefore very pleased with her. This is the best autobiography on living with OCD since Jeff Bell's terrific memoir, Rewind, Replay, Repeat. That is an important addition to any publicity therapist's library. A work of real love ?? A true work of love. Wish others who are battling OCD will go through this book. Worth every penny This is one of the best, most inspiring and truly helpful memoirs for people with OCD that I've ever read. If you or anyone you like suffers from OCD, I highly recommend it. You will come aside feeling hopeful and much less alone. It is one of the better OCD memoirs I have ever read! It's ideal for anyone who has OCD or understands of someone and really wants to know very well what it's like. The writer knows and explains the struggle in basic and effective terms, while displaying the complexities of dealing with OCD manifestations from adolescence to adulthood. As an avid reader, and fellow sufferer, I have read (and re-read) several books and memoirs on the subject of OCD. She has end up being the expert she wants she herself could have found previous in life and today has devoted her existence to assisting others. There exists a hopeful approach to the realistically difficult fight of living with OCD. Shala and her book are great presents to our community. I highly recommend this book. I am so motivated by the author to share my story and desire to one day break Rule #1! She is a delight in person, and writes true to who she is. In this book, she does an excellent job of depicting what it's like to have OCD--not any easy thing to do. Her writing is obtainable, interesting, and gripping, as she illuminates the inner-workings of her "monster" and comically personifies her OCD. Loved this! The storytelling helped me to relax and simply read it. Shala can be vulnerable and truthful about her struggles. She writes about how exactly she pursues treatment head-on, but also acknowledges that she slips up sometimes. This type of honesty and humility is so crucial for visitors who struggle themselves. I encourage my clients to learn this book to raised understand themselves and the disorder. And its also just a really good read! Excellent and informative memoir about OCD This book reads as a compelling memoir but also provides information regarding OCD and its treatment. A fantastic book for people who deal with OCD, people experiencing OCD, and loved ones of people experiencing OCD. An engaging, interesting, and inspiring browse - I recommend it! Her account is also important because it explores her challenges to get diagnosed and receive proper treatment. Great book with specific strategies to use in overcoming OCD. Thanks a lot! I also like that

extra resources were called in the book. Well written Very informative and well crafted. I really absorbed a lot of great information about OCD from her honest and comprehensive history! The best book about ocd - ever! A heartbreaking yet powerful tale about the life of an ocd sufferer. Large amount of great strategies on how to deal with ocd. Simply recognizing she was different, and fearing she'd never get better, or even be able to inform anyone what she was going right through, she suffered for many years. A must read for anyone touched by OCD! Shala is gut-wrenchingly honest, and tells her whole story here. their support program) Shala does an amazing job intertwining educational and storytelling. Nicely's an all natural storyteller, so scanning this book is like settling directly into read an extended, intimate letter from a pal. For this cause, not merely is this reserve an enlightening and engaging story, but it additionally serves as educational resource for those suffering with OCD. She became a therapist focusing on treating OCD. I have The OCD Tales podcasts to thank for introducing me "to" Shala and her enthusiastic approach to ERP, mindfulness, and self-compassion.



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