

From Noah Kahan to Aly Raisman: The Upside of OCD Explores How OCD Can Coexist With Creativity and Resilience

A fresh look at OCD that goes beyond symptoms and treatment to explore overlooked strengths, talents, and possibilities

LOS ANGELES, CA, UNITED STATES, June 10, 2026 /EINPresswire.com/ -- From singer-songwriter [Noah Kahan](#) to Olympic gold medalist Aly Raisman and actress Amanda Seyfried, a growing number of successful public figures have openly discussed living with obsessive-compulsive disorder (OCD). Their stories challenge long-held stereotypes about the condition and raise an important question: Is there more to the OCD story than most people realize?



Dr. Michael Alcée

According to psychologist, author, and mental health expert [Dr. Michael Alcée](#), the answer is yes. In [The Upside of OCD: Flip the Script to Reclaim Your Life](#), he explores how the same traits often associated with OCD—persistence, attention to detail, deep reflection, heightened awareness, and relentless determination can also contribute to creativity, resilience, and achievement.

For decades, conversations about OCD have focused primarily on symptoms, struggles, and treatment. While those realities are important, Dr. Michael Alcée believes a crucial part of the story has been missing. Rather than viewing OCD solely through the lens of dysfunction, The Upside of OCD offers a more balanced perspective, one that acknowledges challenges while also recognizing the strengths and possibilities that can exist alongside them.

“For too long, OCD has been viewed only through the lens of dysfunction,” says Dr. Alcée. “The

challenges are real and deserve compassionate treatment. But many people with OCD also possess extraordinary capacities for creativity, focus, imagination, and perseverance. My goal is not to romanticize suffering, but to help people recognize the strengths that often exist alongside it."

Drawing on decades of clinical experience, psychological insight, and real-world examples, Dr. Alcée examines how individuals can better understand the gifts and challenges that often accompany OCD. The book encourages readers, clinicians, educators, and families to move beyond a deficit-based view of the condition and consider a more complete picture of the people who live with it.

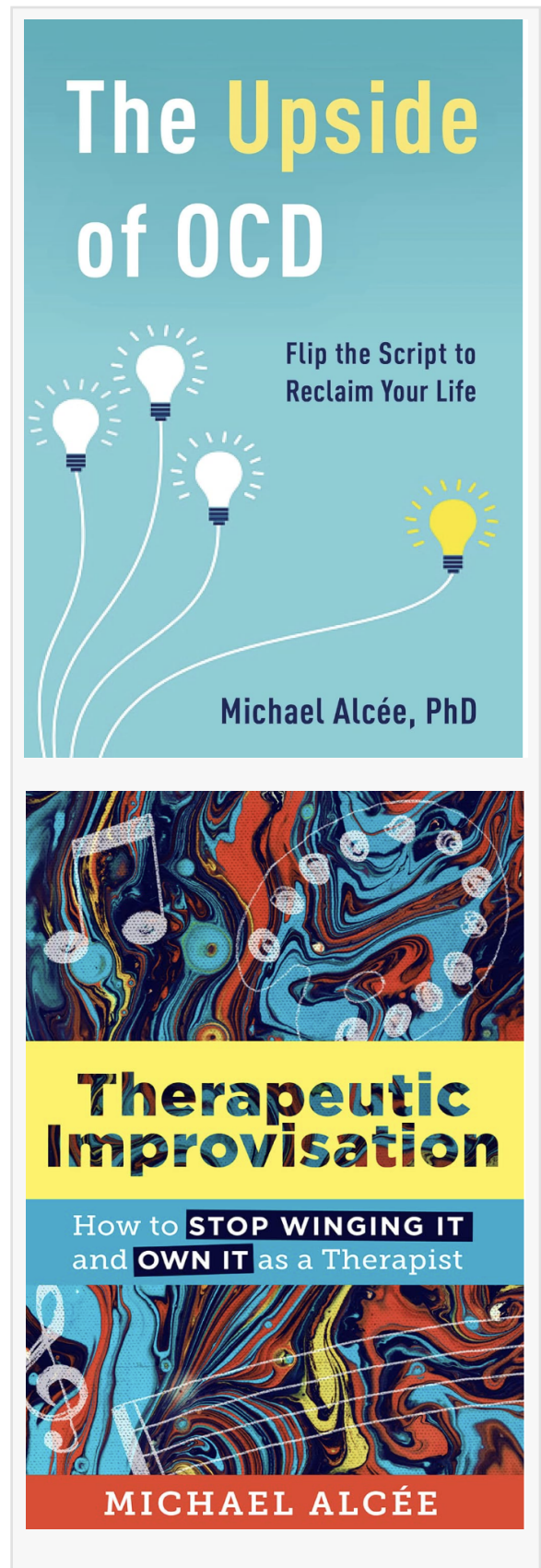
"We don't help people by defining them solely by their symptoms," Dr. Alcée adds. "We help them by understanding the whole person, including the strengths that often accompany their struggles."

Readers are praising *The Upside of OCD*, saying in a review excerpt, "Truly can't say enough wonderful things about this book - it's packed with gems and offers a completely new perspective on the world of OCD. As someone who has often had my doubts about ERP and dominant ways of framing OCD, this was so reassuring and validating..." — Amazon reviewer.

At a time when mental health conversations are becoming increasingly nuanced, *The Upside of OCD* offers a timely contribution to the discussion. By reframing OCD as more than a collection of symptoms, Dr. Alcée provides hope, insight, and a fresh perspective on a condition that affects millions of people worldwide.

About Dr. Michael Alcée

Dr. Michael Alcée is a clinical psychologist, author, speaker, and educator whose work explores the intersection of mental health, creativity, resilience, and personal growth. Through decades of clinical practice, teaching, writing, and public speaking, he has helped individuals discover meaning, possibility, and strength within life's challenges.



A respected voice in contemporary psychology, Dr. Alcée is known for bringing together clinical expertise, creativity, and a deep understanding of the human experience. His work encourages people to move beyond labels and limitations to recognize the unique capacities that can emerge through adversity. In *The Upside of OCD*, he offers a compassionate and thought-provoking perspective on a condition often misunderstood, helping readers see both the challenges and the often-overlooked strengths that can accompany OCD.

To learn more, click here: <https://michaelalcee.com/>

Dr. Michael Alcée is available for interviews.

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