

Shelley Silas

Writer

Shelley Silas was born in Kolkata, India, with grandparents from India, Iraq and Malaysia. She grew up in north west London, and did the unthinkable by crossing the River Thames to south east London 27 years ago, where she has lived ever since. She is married to the psychotherapist, novelist and activist, Dr Stella Duffy, OBE.



Shelley has an M.A. in Creative Writing (UEA), a B.A. in English (Birkbeck) and in 2024 graduated with an M.A. in Existential Coaching (philosophy based) from the New School of Psychotherapy and Counselling accredited by Middlesex university.

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