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Shame

The feeling of shame is reviled and uncomfortable, but it is a natural part of being human. Shame is what we hope others don't know, or what we dread they know about. That which makes people think less of us. What happens in the brain and body when this feeling occurs? And why do we inflict shame on others? A funny and accessible book including examples from literature and research.

Helene Flood Aakvaag

Helene Flood Aakvaag is a psychologist and holds a PhD on guilt and shame. She is a researcher on violence and traumatic stress at the Norwegian Center for Violence and Traumatic Stress studies, holds lectures and has written a number of scientific articles on the subject of shame.



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