

Élisabeth Cadoche - Anne de Montarlot

La fabrique de la honte

Enquête sur une émotion
qui enferme les femmes



Les Arènes

Date : 23/01/2025

Pages : 261

Format cm : 15 x 23

Prix : 20.0

EAN : 9791037513045

The Making of Shame

An Inquiry Into an Emotion that Traps Women

Authors: Élisabeth Cadoche - Anne de Montarlot

Publisher : Les Arènes

Category :

Genres : Psychology/Psychoanalysis

Keywords : Self-esteem - Gender-based violence - Psychology

An exploration of the mechanisms of societal shame, very often imposed on women.

Why do so many women feel shame—for their bodies, their desires, their careers, or even for being victims of violence? Drawing on psychological research and anonymized patient testimonies, this inquiry reveals how shame is constructed, internalized, and perpetuated throughout women's lives, eroding their confidence. But there are solutions for escaping it! Co-written by a psychologist and a journalist, this book offers paths toward reclaiming power, self-compassion, and freedom.

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