

JUDITH M. PILLA, PhD



Judith M. Pilla, PhD, is a psychotherapist in private practice with over two decades of experience successfully treating individuals, couples, families, and groups. For the past ten years, she has focused her study, research, and clinical practice on understanding the problems engendered by shame. She contributes as an international presenter and workshop leader on the subject for professional clinicians and the public in countries as diverse as Sweden, Canada, Israel, England, and across the United States. Her expertise as a clinical nurse specialist in psychiatry, a clinical social worker, and director of qualitative research for a global healthcare company grounds her commitment to scientific research, evidence-based knowledge, and the use of clinically proven methods in her practice.

She is the winner of the Joan Sall Rivitz fellowship award for her doctoral research at Bryn Mawr College and is a charter member of Sigma Theta Tau International Honor Society of Nursing at Thomas Jefferson University. She and her husband live outside Philadelphia, Pennsylvania. In addition to her clinical practice and her writing, she devotes time to being the proud mother of two adult children with their wonderful families.

HOW SHAME RUNS THE WORLD

Harness the Revolutionary Power of Our Most Misunderstood Emotion

The emotion you dread above all hides a secret code for living your best life.

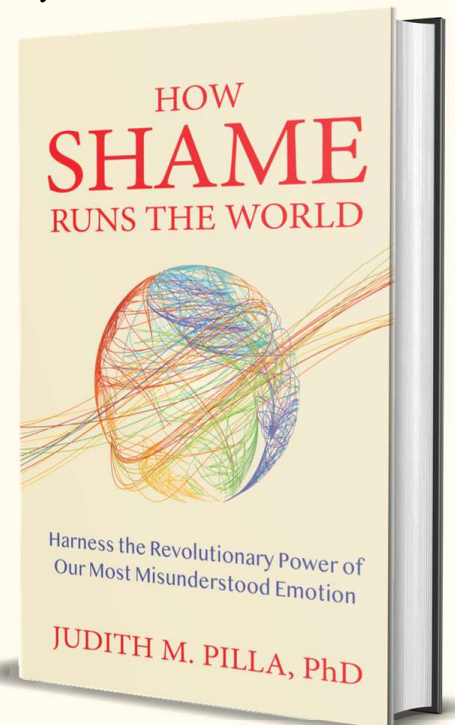
Nothing undermines people's health and happiness more than shame, but we don't understand how shame really works nor how powerfully it affects us. Beyond the difficult, distressing emotion we hide or try to defeat, shame is also a universal, continuous, neurologically-based communications system designed to protect your well-being, guide you to success, warn you of harm, secure your community, and potentially save your life.

In *How Shame Runs the World*, Dr. Judith Pilla upends our traditional view with groundbreaking understanding that finally gets it right about shame. Her practical, clinically-proven, jargon-free steps will teach you to decode all of shame's messages—the hurtful, damaging ones you'll finally be able to eliminate permanently as well as vital ones that better your life every day. Her steps will guide professionals, too, improving outcomes in psychotherapy, addiction treatment, medical care, and even in social policy.

Through plentiful historical, cultural, and clinical examples, you will learn to:

- Heal shame that drives many health problems, including anxiety, depression, poor self-esteem, aggression, impacts of trauma, imposter syndrome, procrastination, perfectionism, disordered eating, alcoholism, and more.
- Manage shame that is a colossal and frequent source of discord among couples, family members, friends, and coworkers.
- Recognize the growing issue of public shame as used today to control us as a whole society, reshaping our values; manipulating commerce and politics; and changing our national story.

This book's revolutionary look at our most misunderstood and underappreciated emotion cracks the code of shame's astonishing power. It will help you become your most confident, effective, authentic self—as an individual, in your relationships, and in your wider world.



How Shame Runs the World

September 1, 2026 | Health Communications Inc.

Available for preorder from

Simon & Schuster, Barnes & Noble, Amazon & Bookshop

DISCUSSION TOPICS

- A revolutionary look at our most complex but misunderstood emotion: Our problem with shame isn't shame
- Without tusks, fangs, or horns: Shame is the universal, evolutionary, uniquely human tool that ensures our physical and social safety every day
- A purse is different from a car: Comprehending shame as a personal and social emotion
- Shame is our master force: Cultivating a nuanced understanding of shame as a personal and social regulating mechanism
- Shame's secret code: Why we've never "gotten it right" about shame
- Shame's invisible fence regulates us all: How shame is all about the standards we keep
- Shame's fundamental nature as both good and bad: Teaching vital lessons as well as causing harm
- Shame's 4 mental health scourges: Shame is at the root of anxiety, depression, trauma, and aggression
- Shame's everyday impacts: Perfectionism, procrastination, impostor syndrome, addictive behaviors, disordered eating, lack of confidence, and more
- Horizontal and vertical shame: It's about whether we belong and measure up among others
- Shame shapes all relationships: Understanding how to manage your trash bin of shame
- How to decode the impact of shame's dynamics in any relationship: The Vanishing Act, The Switcheroo, The Charade, The Mis-take, The Status Crush, and more
- The social nature of shame: A self-evaluation triggered by the gaze of the other
- The problem of public shame: Shame's role in remaking commerce, politics, and our social worlds
- Single mothers, homeless citizens, and the power elite: How we institutionalize shame
- Making ends meet: The historical significance of shame as a universal, social force
- Shame has its own history: Shame in America from colonial times to the present
- 1984: How Oprah Winfrey, Jesse Jackson, Howard Stern, and Tim Berners-Lee launched monumental social change through the power of shame

"If the question is 'What's shame got to do it?'—for us as individuals, in our relationships, and in our wider world—Dr. Pilla's well researched and carefully argued answer is 'everything.' Shame's effects are not purely personal, nor are they only damaging. They also benefit us every day. Packed with examples from her long clinical experience, history, and culture, How Shame Runs the World offers sophisticated guidance to transform both our understanding and our experience."

— **Dana Becker, PhD**, professor emerita of social work and social research, Bryn Mawr College and author of *One Nation Under Stress: The Trouble with Stress as an Idea*

CONNECT

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