

STEFANIE STAHL - SO BIN ICH EBEN!

Stefanie Stahl, psychologist and bestselling author, answers real questions from her everyday practice in her podcast »So bin ich eben!«, explains why people keep getting in their own way and shows possible approaches to freeing themselves from old patterns. Sound knowledge and personal advice from the expert: clear, catchy and to the point.



Keyfacts

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|---------------|------------------------------------|
| Frequency | weekly, on Wednesday |
| Ø length | 60 minutes |
| Host | Stefanie Stahl & Lukas Klaschinski |
| Target group | Women, 20 - 49 years |
| Theme cluster | Coaching & Health |
| Reading | Host-Read, Presenter-Read |

