

STAHL ABER HERZLICH - DER PSYCHOTHERAPIE-PODCAST MIT STEFANIE STAHL

Whether it's relationship problems, a lack of self-confidence or fear of commitment: in each episode, bestselling author and psychologist Stefanie Stahl deals with a problem with real clients - including celebrities, couples and completely "normal" people. With her 30 years of therapy experience, she identifies solutions that help listeners better understand themselves and others.



Keyfacts

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

