

ICH FÜHLE WAS, WAS DU NICHT SIEHST

Far too rarely do we talk about what it's really like inside us.

We want to change that: Comedian Negah Amiri faces her feelings in the podcast and talks with psychotherapist, coach and author Dr. Myri about everyday chaos of feelings and thoughts, mental health and modern feelings management. It's about the feelings that everyone knows but no one talks about.



Keyfacts

Frequency:	weekly, on Tuesday
Ø length:	45 minutes
Host:	Negah Amiri and Dr. Myri
Target group:	Adults, 20 - 59 years
Category:	Coaching & Health
Reading:	Host-Read, Producer-Read

