

## "To understand oneself and others is so hard and yet so simple." *Stefanie Stahl*



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Stefanie Stahl  
**That's Just How I Am!**  
[So bin ich eben!]  
Get to know yourself and others

Kailash  
272 pages  
10 b/w illustrations  
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**Stefanie Stahl** is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists having sold more than one million copies. In 2019, her book *The Child Within You Must Find a Home* was for the third time in a row the bestseller of the year in Germany.

[www.stefaniestahl.de](http://www.stefaniestahl.de)

Do I judge things rationally or do I decide spontaneously? Do I thrive in company or do I recover in silence? Do I value details or am I seeing the bigger picture? Once we can assess ourselves and others correctly, we see our own behaviour and that of our fellow human beings in a completely new light. Bestselling author Stefanie Stahl presents 16 basic types of personality based on the Myers-Briggs Type Indicator (MBTI). With the help of a personality test a character profile can be generated.

An indispensable manual for oneself and others that makes living together so much easier and even helps to choose the right partner.

- For a beneficent human interaction based on the typology of C.G. Jung and Myers/Briggs
- Competently and entertainingly, Stefanie Stahl presents us with various types of personality and their interactions
- **#1 Spiegel** bestselling author with more than 1.2 million copies sold