



ALL THINGS THERAPY PODCAST
www.NOLAttherapy.com

About “All Things Therapy Podcast- *Changing Consciousness One Conversation at a Time*”

All Things Therapy is a podcast dedicated to promoting personal growth and advancing the conversation on emotional, psychological, and spiritual development in a way that's accessible to people all over the world.

Host Lisa Tahir interviews leaders and innovators in the fields of psychology, the mind, body, spiritual, transformational, philosophical, and political communities, as well as the arts, business, and entertainment industries. Experts from all walks of life stop by to discuss pain, loss, hope, healing, and what gives them the motivation to keep growing and evolving into their most authentic selves.

Since its launch in March of 2016, over the course of more than 171 weekly episodes, the purpose and mission of All Things Therapy has been to add to the collective narrative of healing and inspire listeners to pursue their own passions through *Changing Consciousness One Conversation at a Time*.

About Lisa Tahir

A Licensed Clinical Social Worker, Lisa has been practicing as an intuitive psychotherapist for over 20 years, her life and work take her between her hometown of New Orleans and Los Angeles. She has divided her time between both cities since 2014 and has residences and offices in both. Learn more at <https://www.nolatherapy.com>

In 2010, Lisa founded The Yes Foundation, a Non-Profit organization that utilizes her US Patented workbench to make the art of glassmaking compliant with the Americans with Disabilities Act to aid wheelchair-using children and adults in their pursuit of creating glass art. Learn more at <https://www.theyesfoundationinc.com>

Lisa is the author of the upcoming book being published in 2020 by Inner Traditions, *The Psychoastrology® of Chiron-Healing Our Core Wounds through Empathy and Self-Forgiveness*. Tahir is endorsed by NY Times bestselling authors, and by leaders in the Mind, Body, and Spirit genre. Learn more at <https://www.nolatherapy.com/chiron.html>

Notable Guests

Over the years, All Things Therapy is grateful to have had a wide range of diverse and well-known guests who have been featured in everything from *Rolling Stone* to *Psychology Today*, along with news outlets such as ABC, CNN, NBC, BBC, Fox News, The Today Show, Good Morning America, as well as on PBS, Oprah, in Forbes, The Huffington Post, Fast Company, USA Today, The NY Times, Wall Street Journal, The London Times, Newsweek, Time, are NY Times bestselling authors, International speakers, teachers, and are Grammy Award winning artists.

Just a small sample of noteworthy past guests include:

- Katie Hill, Member of the U.S. House of Representatives
- Marianne Williamson, NY Times Bestselling author, DNC Candidate for President of the United States in 2020, international speaker, co-founder of The Peace Alliance
- John Gray, PhD, NY Times Bestselling author of *Men Are from Mars, Women Are from Venus*, and *Beyond Mars and Venus*
- Dr. Judith Orloff, Psychiatrist and NY Times Bestselling author of *The Empath's Survival Guide*
- Katherine Woodward Thomas, NY Times Bestselling author of *Conscious Uncoupling: 5 Steps to Living Happily Even After*, and *Calling in the One: 7 Weeks to Attract the Love of Your Life*
- David Ritz, Grammy Award Winning artist, co-writer of "Sexual Healing" with Marvin Gaye, and NY Times [Bestselling author of over 50](#) autobiographies with such music greats as: Aretha Franklin, Etta James, Marvin Gaye, Willie Nelson, Michael Jackson, Ray Charles, B.B. King, Lenny Kravitz, Rick James, Smokey Robinson, and many others.

- David Kessler, author of 5 Bestselling books including, *The Needs of the Dying, You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death, with Louise Hay*
- Kali Jones, United States Diplomat
- Daphne Maxwell Reid, actress and author
- Kirk Taylor, actor and composer
- Christine Van Loo, former US Olympian and U.S. Champion gymnast

Upcoming Guests in 2020 Include

- Tilman Fertitta, Billionaire Entrepreneur, author, and owner of the NBA's Houston Rockets, Golden Nugget Casinos, Landry's Restaurant Empire, #153 Forbes 400 List.
- Dawson Church, Ph.D., Bestselling author, and founder of the National Institute for Integrative Healthcare.

Reviews for All Things Therapy Podcast

With an average 5-star rating on iTunes, hear what people are saying about All Things Therapy:

"Had an amazing conversation with Lisa Tahir discussing Conscious Uncoupling on her All Things Therapy Podcast."

- Katherine Woodward Thomas, NY Times Bestselling author of *Conscious Uncoupling*, and *Calling in The One*.

Love the professionals and the discussion!

"I love this podcast! The host Lisa is knowledgeable and relatable and kind! Each guest brings a unique dose of different healing, growth, and personal expansion possibility. This is a wealth of information and exposure to a myriad of ways the world is our therapeutic oyster! Inspiring!"

- iTunes listener Nikkioncloudnine

Fantastic Podcast!

"This is such a fantastic podcast! I learn something new every time I tune it. I love the variety of guests Lisa hosts and it's clear she has a passion for, "All Things Therapy!"

- iTunes listener SHK 1

Don't Miss This!

“Since discovering this great show, I have really enjoyed listening to Lisa and her always-interesting guests. It becomes immediately obvious that Lisa is both a very engaging host and a very prepared interviewer. Highly recommend!”

- iTunes listener Scubber504

Downloads and Demographics:

As of October 2019, All Things Therapy has over 908,215 downloads averaging 34,500 downloads per month. All Things Therapy reaches listeners all over the world, with the largest audience residing in the United States, followed by France, Italy, Indonesia, and Bali.

The All Things Therapy audience is a mix of professionals including activists, therapists, psychologists, teachers, business people, and other leaders in the Mind, Body, and Spirit genre. Interviews with experts make for enlightening listening for those in these industries while still being accessible enough for any potential listener to enjoy.

All Things Therapy maintains a strong social presence on Facebook, with over 5700 followers and growing weekly across all social media platforms. The show's Facebook audience demographic is 62% female/38% male, with an average age consistently spread between 45-54 years old, largely concentrated in New Orleans, Los Angeles, and New York City.

That the highest number of active and engaged audience members coming from New Orleans and Los Angeles indicates a strong and devoted local following that is likely to display brand loyalty.

Where Can I Listen?

These are just some of the podcast players where you can listen to the show:

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Google Play
Stitcher
Spotify
iHeartRADIO
YouTube
Castbox
Pocketcast
Radio Public
Podcast Addict
Player FM

Where Else Can I Find Lisa Tahir and Learn More?

Website: <https://www.nolatherapy.com>

Facebook: <https://www.facebook.com/nolatherapy> and
<https://www.facebook.com/lisatahir>

Twitter: <https://www.twitter.com/TahirLcsw>

LinkedIn: <https://www.linkedin.com/in/lisatahir>

Instagram: <https://www.instagram.com/nolatherapy>

YouTube: <https://www.youtube.com/c/NOLATHERAPY>

Patreon: <https://www.patreon.com/allthingstherapy>

LA Talk Radio: <https://www.lataalkradio.com/content/all-things-therapy>

Contact Lisa Tahir: <https://www.nolatherapy.com/contact.html>