



**LIGHTS
CAMERA
EXPERT**

The LCE Media Pitch Guide

Your must-have guide to popular media outlets,
from magazines and podcasts to blogs and more

By Terri Trespicio and Paula Rizzo
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The one question we get most often besides “What should I pitch?” is “Who should I pitch?”

Right at this very moment, there are millions of media outlets seeking experts and content. And there are more popping up as we speak!

To that end, we’ve pulled together a current and comprehensive list of some of the top, most well known media outlets and properties, broken down by category so that you have a place to begin.

This is not intended to include every media outlet ever (or it would be a LOT longer). This is meant to help you get familiar with what’s out there, and of course you’ll discover plenty more as you research your topic.

Also bear in mind, the media landscape continues to evolve and shift, right under our feet. Not only do producers and editors move around a lot, but the properties themselves can spring up or shut down in very short order. So technically the moment we finish this guide, some of the info may have changed—because that’s the breakneck pace of media!

(We’ll be making real-time edits to this guide here in [Airtable](#) if you’d like the most up-to-date version.)

HOW TO USE THIS GUIDE

You’ll find more than 175 media outlets broken out by category (health and wellness, career, food) and type (podcast, blog, magazine, etc.). Here’s what we recommend:

1. **Find** the categories that best fit your brand and business
2. **Review** the outlets in that category on TV, online, or pick up the publication in print
3. **Pick** your top 3 to focus on

Then, take a deeper dive into their content, and for each one, ask yourself:

- **What topics do they cover?** (Noting, of course, what they don’t cover, as well. You probably won’t find features on male entrepreneurs on SheKnows.com, for instance.)
- **What is their approach to and stance on those topics?** Do you agree or disagree?
- **What is their voice, tone?** What do they sound like to you? Fun? Serious? Buttoned down? Sarcastic?
- **Who do they feature or include as far as experts?** Who are they, what’s their background and how are they portrayed?

- **Who are the contributors to the outlet?** Are they staffers or freelancers? The article might be bylined “staff” or it may have a name—a quick search will turn up who that person is and if she’s contributing to other outlets (you can always pitch those contributors and they may pitch you and your story to that and other outlets).
- **Do they have sponsors or ads?** If so, you can be sure that those brands are banking on a certain demographic of person consuming that content. Be sure to pay attention to that audience when you pitch—that is who the editors or producers will be targeting.
- **Are they owned and operated by a single company** (say, for instance, the Chi blog by Athleta)? Check out what it is they’re selling, who they’re serving, and why—what mission are they on? How can you contribute to or support that mission?
- **Formulate a list of ideas** for the outlets you want to pitch first, and then go for it, using the approaches we teach you in Lights Camera Expert!
- **Move on to the next one!** Work your way down the list. Rinse and repeat!

WHERE TO FIND YOUR LOCAL NEWS NETWORKS

The local news network is different in every market; meaning, if you live in Toledo, you’ll have different networks available to you than if you’re in Miami.

To find your local networks, simply search online for the major network affiliates near you. For instance, search “Rochester ABC affiliate,” what comes up is WHAM and they list very clearly all their contact info for how to reach them with news. Whereas, if you search “Rochester NBC affiliate,” you’ll find WHEC.

Search online for the local ABC, NBC, and CBS affiliates near you and reach out! Know that news stories with a local angle are going to be the most interesting to these outlets. So if your hook has to do with a national breaking story, ask yourself what local news hook will make this a fit for those networks.

YOUR PITCH CHECKLIST

When you send your pitch, be sure to:

- ✓ Double-check the name and outlet
- ✓ Use a clear, specific subject heading
- ✓ Make your pitch easy to skim and get in 30 seconds
- ✓ Keep the content of your pitch clear and concise
- ✓ Include your bio and website
- ✓ Include video links (especially if you’re sending to a broadcast outlet)



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TRAVEL | LUXURY

TOP NEWSPAPERS IN THE U.S.



BEAUTY | FASHION

MAGAZINE

<u>The Cut</u> <u>New York Mag</u>	NY Mag Fashion Section: Marketed as the premier destination for women with stylish minds and a dynamic conversation with women about the issues that matter to them most—politics, feminism, work, money, relationships, mental health, fashion and issues relating to equality. Stories are organized around four categories: Style, Self, Culture, and Power.	  	Kathleen Hou, Beauty Director; Rebecca Ramsey, Fashion Director
<u>Editorialist</u>	A luxury fashion accessories magazine and shopping destination.		Kate Davidson Hudson
<u>Elle.com</u>	Marketed as the number-one fashion magazine in the world, with inspiring fashion and beauty coverage along with a thought-provoking mix of culture, controversy, and cool...all to celebrate women across the globe.	 	Kristin Rudolfo, Senior Beauty Editor
<u>W</u>	The Who, What, Where, When, and Why in the world of fashion and style can be found in W Magazine.		Vanessa Lawrence
<u>Wallpaper</u>	The global authority on design, with a fashion section.		Isabelle Kountoure, Fashion Director
<u>WSJ Magazine</u>	Luxury magazine from the Wall Street Journal.	  	Kristina O’Neill, Editor in Chief
<u>WWD</u>	Fashion. Beauty. Business.		Jenny B. Fine, Executive Editor, Beauty; Jessica Iredale, Senior Fashion Features Editor; Rachel Strugatz, Senior Editor, Beauty/Digital

PODCAST

<u>Behind the Beauty</u>	Behind the Beauty is a weekly podcast series hosted by Serein Wu. Each week, it takes a behind-the-scenes look inside the world of beauty and fashion, by talking directly to the brands and industry professionals.		Serein Wu
<u>The Business of Fashion</u>	The Business of Fashion has gained a global following as an essential daily resource for fashion creatives, executives and entrepreneurs in over 200 countries. It is frequently described as “indispensable,” “required reading” and “an addiction.”		Imran Amed
<u>The Emma Guns Show</u>	A health, wellness and beauty podcast aimed at women and hosted by journalist and presenter Emma Gunavardhana. Each week Emma sits down with expert guests for a conversation about the topics we all want to know more about.		Emma Gunavardhana
<u>Fat Mascara</u>	Hosts (and friends!) Jessica Matlin and Jennifer Goldstein bring you the big, juicy world of beauty on their weekly podcast. With day jobs as beauty editors, Jess and Jenn are plugged in to the industry’s latest news and share their inside access along with candid stories of their beauty adventures, from celebrity interviews and freaky new facials to miracle products and epic beauty fails. Each week, they also get advice from their favorite people in the business, including Hollywood makeup pros, perfumers, plastic surgeons, and even the manicurist at their local nail salon. Delivered with a heavy dose of fun, Fat Mascara is where beauty obsessives can get their fix.		Jessica Matlin and Jennifer Goldstein

TV

<u>Beauty Network</u>	Beauty Network® has assembled beauty experts that share makeup tips, skincare advice, hair and nail tutorials, procedure recommendations and more.		Rob Angelino, CEO
<u>Fashion TV</u>	FashionTV is the only 24/7 fashion, beauty and style TV channel worldwide and provides glamorous entertainment with emphasis on the latest trends.	 	Michel Adam, President and Founder

WEBSITE

<u>Elite Daily</u>	The Voice Of Generation-Y™ Elite Daily is a site for and by women who are discovering the world, and themselves in the process. Elite Daily’s Life section is looking for health/wellness/fitness pieces, including body positivity content, unique health angles for millennial women (ie, How Your Period Changes In Your 20s), or pieces that share expert advice/knowledge in a particular health or wellness field.		Allie Strickler, Health and Wellness Editor
<u>HelloGiggles.com</u>	A positive online community for women covering the latest in culture, female empowerment, style, relationships, friendship, careers, and issues that matter most to young women’s lives.	 	Marie Lodi, Beauty Editor
<u>The Lipstick Daily</u>	Georgie explores new beauty products and her love of lipstick with a sassy attitude about life. Accepts guest posts.		Georgie Lowen
<u>PopSugar</u>	Media that powers the optimism and dreams of women around the world: inspiring, informative, and entertaining multi-platform content across entertainment, fashion, beauty, fitness, food, parenting, news and more.		Sarah Wasilak, Fashion Editor
<u>SheKnows</u> (STYLECASTER, BlogHer, Hello Flo)	SheKnows.com provides women with smart, meaningful, authentic editorial and branded content. Spanning food, family, health, beauty, entertainment, and more, its award-winning editorial team encourages women to be who they are, and celebrate their diverse voices, bodies, interests and experiences. BlogHer.com inspires a community of women to share authentic content and build meaningful conversations and serves as the community site for BlogHer Conferences—a best-in-class live event series. HelloFlo.com offers advice, inspiration, and events for women and girls, like the popular Wine + Gyn event series. The mission is simple—deliver just what a woman needs when she needs it. STYLECASTER.com believes that style is possible at any price point and, more important, to any woman. It gives millennials access, information, and insight within the intersecting worlds of fashion, beauty, entertainment, and life—all viewed through the lens of personal style.		Justine Goodman, Editor in Chief @Justine_Goodman
<u>Who What Wear</u>	Aspirational yet accessible fashion content that is elevated, serviceable, and 100% shoppable. Through trend reports, celebrity style guides, wardrobe how-tos, and the latest in fashion news, Who What Wear is a one-stop style resource.	 	whowhatwear.com/contact-us

BUSINESS ENTREPRENEURSHIP			
BLOG			
<u>I Will Teach You To Be Rich</u>	Ramit Sethi’s famously content-rich blog will keep you informed and entertained—and on top of your career, and your life. Ramit’s tell-it-like-it-is approach is compelling and addictive.		Ramit Sethi, Founder
<u>Social Triggers with Derek Halpern</u>	No-BS filter required. Derek Halpern gives cutting-edge online business insights, straight, no chaser.	 	Derek Halpern, Founder
MAGAZINE WEBSITE			
<u>Business 2 Community</u>	Business 2 Community aims to provide a balanced view of the current business landscape based on industry news and trends, as well as real-life experiences. Its open community of contributors covers breaking news and top trends in social media, digital marketing, content marketing, social selling and more.		Erica Abbott, Associate Editor
<u>Entrepreneur</u>	Entrepreneur seeks to inspire, inform and celebrate entrepreneurs. It offers real solutions to the challenges you face as an entrepreneur, including tips, tools and insider news to help build—and grow—your business.	 	Peter Page, Editor overseeing contributed content at Entrepreneur.com
<u>Forbes</u>	Forbes.com, home page for the world’s business leaders and the No. 1 business news source in the world, is among the most trusted resources for senior business executives, providing them the real-time reporting, uncompromising commentary, concise analysis, relevant tools and community they need to succeed at work, profit from investing and have fun with the rewards of winning.		Abram Brown, Senior Editor, Forbes magazine and Forbes.com
<u>Inc</u>	Everything you need to know to start and grow your business now.		Doug Cantor, Senior Editor
<u>OpenWorld</u>	Magazine and podcast featuring nomads, lifestyle designers, and world adventurers hosted by Danny Flood.		Danny Flood
PODCAST			
<u>Cool Things Entrepreneurs Do</u>	Thom Singer interviews entrepreneurs, solopreneurs, and business leaders about their success journey. Goal setting, mentorship, mastermind groups, mindset, marketing, sales, millionaires, career path, peak performance, thinking bigger, networking, enthusiasm, re-invention, leveling up, and financial planning are just some of the topics that are covered each week.		Thom Singer
<u>The EntreLeadership Podcast</u>	Features lively discussions and tips on leadership and business by some of the top minds in the business, like Mark Cuban, Seth Godin, Jim Collins and Simon Sinek.		Ken Coleman
<u>Entrepreneurs On FIRE</u>	Dumas interviews inspiring entrepreneurs 7 days a week! Each episode, guests share their worst entrepreneurial moment, AHA moment, and what is working for them right now. The show finishes with a BANG in the lightning round.		John Lee Dumas
<u>Growth Now Movement</u>	A niche focus on the personal stories of entrepreneurs and world changers, exploring how they’ve turned professional and personal challenges into exponential growth.		Justin Schenck
<u>GSD Mode</u>	A podcast dedicated to inspire you to CRUSH it in every aspect of your life. Interviews feature straight-up badasses who dominate their space. GSD mode=Getting Shit Done. The podcast aims to help aspiring entrepreneurs looking to boost their brand clarity, boost their profits, and become the best business person/entrepreneur that they can be!		Joshua Smith
<u>Leaders in the Trenches</u>	Features conversations with leaders for leaders. It explores the thinking of today’s entrepreneurs who are leading their market, their company, and their peers. Discover the fears they faced, the failures they navigated and the untold blood, sweat and tears story behind each of these successful leaders. Growing a business is a hard and dirty business and feels lonely at times. This podcast will guide you on your journey in the trenches of your business.		Gene Hammett
<u>Nice Guys on Business</u>	This show is not for the proper, politically correct, or those with a weak constitution, and doesn’t apologize for dropping the f-bomb or any other four-letter word. It does, however, promise to add value to your day and hopefully teach you a thing or two. Some of this stuff the hosts are figuring out as they go along, just like life is supposed to be. They interview entrepreneurs, thought leaders, and experts in social media, business development, crowdfunding, marketing, customer service, crowdsourcing, and so much more. If you are an entrepreneur, opening a business, or already running a business, The Nice Guys on Business can help you do better. You don’t have to be a jerk to run a successful business.		Doug Sandler and Strickland Bonner
<u>Smart Passive Income</u>	Rockstar entrepreneur and podcast all-star Pat Flynn shows you how to stop trading time for money and start building a business that works for you.		Pat Flynn
<u>Social Triggers Insider</u>	No-BS filter required. Derek Halpern gives cutting-edge online business insights, straight, no chaser.	 	Derek Halpern, Founder
<u>Twelve Minute Convos w/ Engel Jones</u>	His passion and purpose is to help you, the entrepreneur, find Y.O.U.R.S—Your Own Unique Real Self.	 	Engel Jones
TV			
<u>EntrepreneurTV</u>	Showcasing the start-up world on a national scale.	 	entrepreneurontv.com/contact-us

CAREER WORK			
BLOG			
<u>Wealthy Single Mommy</u>	Journalist, blogger, podcaster, and author of The Kickass Single Mom, Emma Johnson takes no prisoners. Her popular blog, devoted to empowering single moms, talks frankly and unforgettably about money, career, sex and relationships.	 	Emma Johnson
MAGAZINE WEBSITE			
<u>AARP The Magazine</u>	The world’s largest-circulation magazine, with more than 47 million readers—helps people 50+ live their most fulfilling lives.		Claire McIntosh, Senior Editor
<u>Entrepreneur</u>	Entrepreneur seeks to inspire, inform and celebrate entrepreneurs. It offers real solutions to the challenges you face as an entrepreneur, including tips, tools and insider news to help build—and grow—your business.	 	Peter Page, Editor overseeing contributed content at Entrepreneur.com
<u>Forbes</u>	Forbes.com, home page for the world’s business leaders and the No. 1 business news source in the world, is among the most trusted resources for senior business executives, providing them the real-time reporting, uncompromising commentary, concise analysis, relevant tools and community they need to succeed at work, profit from investing and have fun with the rewards of winning.		Abram Brown, Senior Editor, Forbes magazine and Forbes.com
<u>Glamour</u>	Redefining fulfillment for women.	 	Wendy Naugle, Executive Editor
PODCAST			
<u>The Accidental Creative</u>	The Accidental Creative podcast shares how to build practical, everyday practices that help you stay prolific, brilliant and healthy in life and work. Host Todd Henry (author of the books The Accidental Creative, Die Empty, and Louder Than Words) interviews artists, authors and business leaders, and offers tips for how to thrive in life and work.		Todd Henry
<u>Being Boss: Mindset, Habits, Tactics, and Lifestyle for Creative Entrepreneurs</u>	Being boss is owning who you are and making things happen. Emily Thompson and Kathleen Shannon believe in building a business you love, making bank, and being unapologetically who you are 100% of the time. They have a combined experience and expertise in branding and coaching small online businesses to be more boss in work and life by focusing on “boss” mindsets, habits and routines, tools, tactics and strategies, blended with a little bit of hustle. And they interview other bosses such as Brene Brown, Marie Forleo, Ramit Sethi, Danielle LaPorte, Tara Gentile, and more!		Emily Thompson and Kathleen Shannon
<u>Careers by Jenn Podcast: Get the Job, Love Your Work, Advance Your Career</u>	She interviews fascinating guests from all around the globe who offer tips and actionable ways you can get the job, love your work and advance your career. Sometimes the podcast focuses on self-growth and personal improvement, and other times gives you step-by-step advice to get something particular done.		Jenn Swanson
<u>The Classy Career Girl Podcast</u>	The Classy Career Girl Podcast, hosted by Anna Runyan, founder and CEO of Classy Career Girl, was named by Forbes as one of the top 35 most influential career sites of 2014. On this podcast, you’ll find a variety of training sessions, expert interviews, behind-the-scenes audios, action reports, inspiring success stories from members, and presentations Runyan has given as well as audios that she records originally just for this podcast.		Anna Runyan
<u>Like a Mother with Emma Johnson</u>	Journalist, blogger, podcaster, and author of The Kickass Single Mom, Emma Johnson takes no prisoners. Her podcast, devoted to empowering single moms, talks frankly and unforgettably about money, career, sex and relationships. Rated a Top 15 Personal Finance Podcast by U.S. News & World Report.	 	Emma Johnson
<u>The Productivityist Podcast</u>	Hosted by productivity strategist Mike Vardy, The Productivityist Podcast is a weekly show that discusses tips, tools, tactics, and tricks that are designed to help you take your productivity, time management, goals, to do lists, habits, and workflow to new heights—both at work and at home. If you’re looking to focus your efforts on getting the right things done and start living the good life, then this weekly conversational podcast—crafted in the tradition of Slate’s Working, Back to Work, and HBR IdeaCast—is for you.	 	Mike Vardy
<u>School of Greatness</u>	The goal of the School of Greatness is to share inspiring stories from the most brilliant business minds, world-class athletes and influential celebrities on the planet to help you find out what makes great people great.		Lewis Howes
<u>Skimm’d from The Couch</u>	theSkimm’s co-founders and co-CEOs, Carly Zakin and Danielle Weisberg, started their company from a couch. Now they’re bringing it back to one, and inviting powerful female leaders to sit down and chat about everything from celebrating career wins to the worst advice they’ve ever received. It’s an inside look at what it’s really like on the road to success. No BS, no sugarcoating.		Carly Zakin and Danielle Weisberg
WEBSITE			
<u>The Balance</u>	Financial empowerment doesn’t have to be complicated or scary. It can help you achieve amazing things. The Balance is home to experts who know what they’re talking about, but don’t assume that you know your dividends from your distributions. They’re here to deliver clear, practical advice that will strengthen your lifelong relationship with money so you can earn more, spend smarter, invest well, and build a more secure future.		Matt Brownell, Editorial Director
<u>ListProducer</u>	Created by LCE co-creator Paula Rizzo, this blog is devoted to using lists to lead your best life. Paula shares her experience, insight, and obsession via resourceful posts that spotlight new and innovative ways to be more efficient, productive, and less stressed.		Paula Rizzo
<u>The Muse</u>	The Muse is the only online career resource that offers a behind-the-scenes look at job opportunities with hundreds of companies, original career advice from prominent experts, and access to the best coaches to get personalized and private career help. The Muse believes that you can and should love your job—and be successful at it—and wants to help you make that happen.		Alyse Kalish, Editor

COACHING

MAGAZINE | WEBSITE

<u>Choice</u>	Choice Magazine is the vehicle that forwards the global conversation about professional coaching, by providing: diverse perspectives, thought-provoking commentary, insightful discussion, and access to services, tools, resources and practical information.		Garry T. Schleifer, PCC, CMC, Publisher and CEO
<u>Christian Coaching Magazine</u>	CCM aims to serve trained coaches as well as organizational and ministry leaders who utilize a coaching approach in their leadership. Prime readers of CCM include Christian coaches, coach trainers, therapists with a coaching approach, and pastors and leaders in progressive churches and other organizations. The typical reader is 30 to 50 years old, ~60% are female, and most are well educated and established in their faith.	 	Michael Cheuk, Acquisitions Editor
<u>Coaching at Work</u>	The magazine's vision is to provide independent up-to-date information and opinion, to help shape the emerging profession of coaching and mentoring, to act as a voice for the global coaching and mentoring community, campaigning for change where necessary, to act as a bridge between the different sections of the community, to foster debate, and to engage and entertain through high-quality offerings.		Liz Hall, Editor
<u>Worldwide Coaching Magazine</u>	Worldwide Coaching Magazine brings the latest news on coaching: the latest research, tools for professional and personal development, insightful articles and remarkable stories, videos of live coaching sessions for everyone interested in the profession of coaching. Its purpose is to bring clarity and purpose to coaches and their clients about the life-changing profession.		Ton de Graaf, Chartered Business Coach™, Publisher and Editor in Chief

PODCAST

<u>Coaches Rising</u>	Tools, tips and teachings from the world's greatest coaches all with one aim—empowering you to be a transformational coach.		Joel Monk and Laurens van Aarle
<u>Empower World: The Coaching and Leadership Podcast</u>	Are you ready for positive change and to see things from a different, powerful perspective? Are you ready to be inspired by people who make a difference and overcome life's challenges? Listen to leaders from all walks of life from around the globe sharing their secrets to living a fulfilling life. Leading with mind, heart, and soul.		Jeanine Bailey and Marie Quigley
<u>Habits 2 Goals with Martin Grunburg</u>	The Habit Factor® has already helped thousands of busy, hard-working professionals (all over the world) go from total frustration and overwhelm to rapidly realizing their most meaningful goals in just 28 days or less.		Martin Grunburg
<u>High Performance Mindset</u>	Dr. Cindra Kamphoff, High Performance Coach and Ph.D. in sport and performance psychology, delves into all things related to the mindset of the successful. She interviews world-class consultants, coaches, speakers, entrepreneurs, athletes and leaders about mindset while uncovering their secrets. Each week she also provides a short powerful message with a strategy to reach your best more often.		Dr. Cindra Kamphoff
<u>Twelve Minute Convos w/ Engel Jones</u>	His passion and purpose is to help you, the entrepreneur, find Y.O.U.R.S—Your Own Unique Real Self.	 	Engel Jones

WEBSITE

<u>The Muse</u>	The Muse is the only online career resource that offers a behind-the-scenes look at job opportunities with hundreds of companies, original career advice from prominent experts, and access to the best coaches to get personalized and private career help. The Muse believes that you can and should love your job—and be successful at it—and it wants to help you make that happen.		Alyse Kalish, Editor
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FOOD | COOKING | HOME

MAGAZINE | WEBSITE

<u>EatingWell</u>	EatingWell is the only national food magazine that focuses exclusively on eating healthfully (motto: “Where Good Taste Meets Good Health”). It is the preeminent magazine resource for people who want to enjoy food that is delicious and good for them.		Jessie Price, Editor in Chief
<u>Prevention</u>	With breakthrough ideas and cutting-edge health perspectives, Prevention pushes the boundaries and challenges the status quo, delivering authoritative and authentic content that’s highly trusted by the most influential health and wellness consumer.		Amy Beal, Deputy Editor
<u>Women’s Day</u>	While editors occasionally assign health, service, and lifestyle articles to freelancers, they’re also seeking feature pitches and essays. It might help you to know that their readership ranges in age from 18 to 65+, with the majority falling in the range of 25 to 44. They are in longtime committed relationships and nearly 44% have children. The average household income (HHI) is over \$75,000.		Michelle Profis, Deputy Editor

PODCAST

<u>Bite</u>	Bite is a podcast for people who think hard about their food. Join acclaimed food and farming blogger Tom Philpott, Mother Jones editors Kiera Butler and Maddie Oatman, and a tantalizing guest list of writers, farmers, scientists, and chefs as they uncover the surprising stories behind what ends up on your plate. The show helps you digest the food news du jour, explore the politics and science of what you eat and why—and delivers plenty of tasty tidbits along the way.		Tom Philpott
<u>Bon Appétit Foodcast</u>	The Bon Appétit Foodcast features interviews with chefs, writers, and, well, anyone who has something cool to say about food.		Emma Wartzman, Producer
<u>Christopher Kimball’s Milk Street Radio</u>	From street food in Thailand to a bakery in a Syrian refugee camp to how one scientist uses state-of-the-art pollen analysis to track the origins of honey (and also to solve cold murder cases), Christopher Kimball’s Milk Street Radio goes anywhere and everywhere to ask questions and get answers about home cooking, food, culture, wine, farming, restaurants, literature, and the lives and cultures of the people who grow, produce, and create the food we eat.		Christopher Kimball
<u>FORKED UP: A THUG KITCHEN PODCAST</u>	Discussing food, politics, and pop culture. Hosted by 3x NY Times bestselling authors Michelle Davis and Matt Holloway of Thug Kitchen, the snarky duo will help give a voice to regular folks who are just trying to get it together, in and outside of the kitchen.	 	Michelle Davis and Matt Holloway
<u>Radio Cherry Bombe</u>	Radio Cherry Bombe features interviews with the coolest, most creative women in the world of food. Each week, host Kerry Diamond, co-founder and editorial director of the indie magazine Cherry Bombe, talks to the chefs, bakers, pastry chefs, stylists, writers, cookbook authors, and others making it happen.		Kerry Diamond

WEBSITE

<u>Apartment Therapy</u>	Apartment Therapy is a home and decor site, designed to inspire anyone to live a more beautiful and happy life at home.		Laura Schocker, Editor in Chief
<u>Design*Sponge</u>	Design*Sponge focuses on the creative community, with the goal of making the art and design world personal. It doesn’t just cover beautiful homes, objects and trends, but also the people behind them and their struggles and real life concerns. The founders believe the idea of “home” is one that stretches beyond the furniture inside it; from time to time the blog features discussions about larger cultural issues that affect our community. Design*Sponge welcomes submissions in the following categories: original home/studio tours, before and after makeovers, books/publications and recipes.		Kelli Kehler, Managing Editor; Kristina Gill, Food and Drink Editor
<u>Food52</u>	At Food52, the goal is to help people become better, smarter, happier cooks.		Suzanne D’Amato, Editor in Chief
<u>HGTV magazine</u>	HGTV magazine gives you insider secrets from your favorite HGTV stars. Get decorating ideas for your home, design tips and real estate advice every month.		Ellen Seidman, Editor at Large

HEALTH WELLNESS FITNESS			
BLOG			
<u>The Broadcast (by Lola)</u>	Blog published by the creators of Lola, who make organic cotton feminine hygiene products and deliver them via subscription to your door. The Broadcast is a destination for articles on women’s health, tips for living a healthy and balanced life, and conversations with trailblazing women.		Alex Friedman and Jordana Kier
<u>The Chi Blog (by Athleta)</u>	Blog published by sports and leisure apparel brand Athleta featuring experts and insights into healthy living.		athleta.net/contact
<u>Lenny Letter</u>	Feminism, style, health, politics, friendship, and everything else from Lena Dunham and Jenni Konner at LennyLetter.com.		lenny@lennyletter.com
<u>The Sweat Life by Lululemon</u>	Blog hosted by sports apparel brand Lululemon, featuring the goods on the people and culture that are inspiring its team right now.		info.lululemon.com/contact
MAGAZINE			
<u>AARP The Magazine</u>	The world’s largest-circulation magazine, with more than 47 million readers—helps people 50+ live their most fulfilling lives.		Claire McIntosh, Senior Editor
<u>The Chalkboard</u>	The Chalkboard is a wellness lifestyle site dedicated to natural health, nutrition, green beauty and fitnesswear, healthy recipes and great design.		Suzanne Hall, Editor in Chief
<u>The Good Life (Dr. Oz magazine)</u>	Dr. Oz THE GOOD LIFE brings the upbeat, engaging personality and advice of Dr. Oz to life on every page.		Lisa Bain, Executive Editor
<u>Men’s Health</u>	Men’s Health provides its readers with actionable information that they can put to work—information that helps them be healthier, smarter, more fashionable, more confident and more successful in their relationships and family life.		Christa Sgobba, Associate Editor
<u>The Mighty</u>	The Mighty is a digital health community created to empower and connect people facing health challenges and disabilities. It has over 1 million registered users and is adding a new one every 20 seconds. The magazine/site’s stories and videos are viewed and shared more than 90 million times a month. Content spans a range of topics, from mental health to chronic illness, cancer, and autism.		Megan Griffo, Editor in Chief
<u>MindBodyGreen</u>	Wellness is the MindBodyGreen beat. The magazine/site covers mindfulness, food, movement, health, relationships, beauty, and the environment.		mindbodygreen.com/contribute
<u>Prevention</u>	With breakthrough ideas and cutting-edge health perspectives, Prevention pushes the boundaries and challenges the status quo, delivering authoritative and authentic content that’s highly trusted by the most influential health and wellness consumer.		Amy Beal, Deputy Editor
<u>Psychology Today</u>	The latest from the world of psychology: from behavioral research to practical guidance on relationships, mental health and addiction.		Kaja Perina, Editor in Chief; Lybi Ma, Deputy Editor
<u>Refinery29</u>	Refinery29 is a trailblazing digital-media and entertainment company for young women with a global audience footprint of 550 million across all platforms.		submission@refinery29.com
<u>The Strategist NY Mag</u>	The Strategist is a new site for helping you shop the internet. It is edited by people (not robots), to bring you products that editors fully believe in. Its stories and videos are viewed and shared more than 90 million times a month.		nymag.com/contactus
<u>Women’s Health / WomensHealthMag.com</u>	The Women’s Health reader wants to be the best possible version of herself, and she relies on Women’s Health to help her achieve just that. With the smarts of a scientist, the inspiring qualities of a trendsetter, and the trust level of a good friend, Women’s Health provides her with the latest, freshest tips on style, beauty, health, fitness, weight loss, and nutrition—and, best of all, each and every one is something she can instantly act on. It’s no surprise the brand is an indispensable resource for 49 million consumers each month.		Liz Baker Plosser, Editor in Chief; Jamie Hergenrader, Assistant Editor
<u>Yoga Journal</u>	The ultimate destination for yoga pose how-tos, practice videos, meditation tricks, healthy lifestyle tips and more.		Carin Gorrell, Editor in Chief
PODCAST			
<u>Faster Than Normal</u>	The #1 podcast about ADHD hosted by Peter Shankman, investor, entrepreneur, and founder of HARO. Features insightful conversations with experts that move at the speed of light.	 	Peter Shankman
<u>Fit Bottomed Girls</u>	Fit Bottomed Girls’ mission is to show the people of this world that being healthy doesn’t have to be boring. Its committed to creating content, products and events that inspire and empower women (and men!) to find the fun in fitness, ditch the diet drama and embrace their inner confidence to help them realize that, yes, they are worth taking care of. The show/site is here to help you find your healthy living jam and to love and to appreciate your fit bottom—no matter where you are on your journey. After all, FBGs come in all shapes and sizes!		Jennipher Walters and Kristen Seymour
<u>GSD Mode</u>	A podcast dedicated to inspire you to CRUSH it in every aspect of your life. Hosts interview straight-up badasses who dominate their space. GSD mode=Getting Shit Done. The show aims to help aspiring entrepreneurs looking to boost their brand clarity, boost their profits, and become the best business person/entrepreneur that they can be!		Joshua Smith
<u>The GymWits Podcast</u>	The fitness industry is plagued by myths, misinformation and snake oil salesmen and the GymWits are here to help parse through the noise to share information that’s real and actionable. Hosted by childhood best friends Ryan George and Justin Gild as well as nutrition expert Toni Marinucci, the GymWits combine research, extensive experience, humor, philosophy and a down-to-earth approach. The GymWits Podcast is meant for anyone, from those beginning their journey to health and fitness to the seasoned fitness pro.		Ryan George and Justin Gild
<u>Happier with Gretchen Rubin</u>	Practical, manageable advice about happiness and good habits in this lively, thought-provoking podcast.		Gretchen Rubin and Elizabeth Craft
<u>Health Media Now</u>	In Health Media Now, award-winning author, publicity/marketing strategist and radio host Denise Messenger empowers and encourages guests to reach their full potential in teaching listeners about important health innovations and issues of the day!		Denise Messenger
<u>Healthy View Radio</u>	Healthy View Radio explores what it means to be healthy in today’s stressful world, with health experts Michelle Pfennighaus, Andrea Beaman and Lisa Lewtan.	 	Michelle Pfennighaus, Andrea Beaman and Lisa Lewtan
<u>Legendary Life Podcast</u>	Weekly interviews, strategy, and advice for changing your health, body, and life.		Ted Ryce
<u>The Pain-Free Zone</u>	Living with fibromyalgia or rheumatoid arthritis is an everyday challenge. Discover fibromyalgia solutions with the Health Detective, Necie Edwards, and become your very own health sleuth.		Necie Edwards
<u>Taking Control: The ADHD Podcast</u>	Through Taking Control: The ADHD Podcast, Nikki Kinzer and Pete Wright strive to help listeners with support, life management strategies, and time and technology tips, dedicated to anyone looking to take control of their lives in the face of ADHD.		Nikki Kinzer and Pete Wright
TV			
<u>Dr. Oz (TV show)</u>	No subject is off-limits, as Dr. Oz addresses viewers’ questions and talks to health experts about any and all topics, from sex to diet and exercise to diseases and ways to avoid them.		doctoroz.com/contact
WEBSITE			
<u>Cup of Calm (by meQuilibrium)</u>	meQuilibrium is the only clinically validated resilience platform leveraging behavioral psychology, neuroscience, and analytics to deliver transformative insights that change lives and businesses. Their blog, Cup of Calm, features a range of content with one common thread: How to maintain resilience in the face of stress, and how that plays out in work and in life.		Sarah Perlman, Content Manager
<u>Elite Daily</u>	The Voice Of Generation-Y™ Elite Daily is a site for and by women who are discovering the world, and themselves in the process. Elite Daily’s Life section is looking for health/wellness/fitness pieces, including body positivity content, unique health angles for millennial women (ie, How Your Period Changes In Your 20s), or pieces that share expert advice/knowledge in a particular health or wellness field.		Allie Strickler, Health and Wellness Editor
<u>Goop</u>	Lifestyle brand with its roots in content across six key pillars: Wellness, Travel, Food, Beauty, Style, and Work.	 	Nandita Khanna, Editorial Director
<u>Greatist</u>	Greatist wants to help you find what’s good for you. Not like “eat your vegetables, they’re good for you.” More like “here are some choices you can realistically make and feel good about.”	 	Dria de Botton Barnes, Editor in Chief
<u>SheKnows (STYLECASTER, BlogHer, Hello Flo)</u>	SheKnows.com provides women with smart, meaningful, authentic editorial and branded content. Spanning food, family, health, beauty, entertainment, and more, its award-winning editorial team encourages women to be who they are, and celebrate their diverse voices, bodies, interests and experiences. BlogHer.com inspires a community of women to share authentic content and build meaningful conversations and serves as the community site for BlogHer Conferences—a best-in-class live event series. HelloFlo.com offers advice, inspiration, and events for women and girls, like the popular Wine + Gyn event series. The mission is simple—deliver just what a woman needs when she needs it. STYLECASTER.com believes that style is possible at any price point and, more important, to any woman. It gives millennials access, information, and insight within the intersecting worlds of fashion, beauty, entertainment, and life—all viewed through the lens of personal style.		Justine Goodman, Editor in Chief @Justine_Goodman
<u>Well+Good</u>	A leading source of intel on boutique fitness and the juice industry, plus cutting-edge nutrition, natural beauty, and more.	  	Melisse Gelula, Co-Founder, Chief Content Officer; Jordan Galloway, Senior Editor, Style, Travel, Fitness; Emily Laurence, Senior Food and Health Editor

LEADERSHIP			
MAGAZINE WEBSITE			
<u>Chief Learning Officer Magazine</u>	Chief Learning Officer is a multimedia publication focused on the importance, benefits and advancements of a properly trained workforce. Its award-winning content caters specifically to executives in the enterprise learning market.		Lauren Dixon, Senior Editor
<u>Forbes</u>	Forbes.com, home page for the world’s business leaders and the No. 1 business news source in the world, is among the most trusted resources for senior business executives, providing them the real-time reporting, uncompromising commentary, concise analysis, relevant tools and community they need to succeed at work, profit from investing and have fun with the rewards of winning.		Abram Brown, Senior Editor, Forbes magazine and Forbes.com
<u>HBR</u>	HBR covers a wide range of topics, including strategy, leadership, organizational change, negotiations, operations, innovation, decision making, marketing, finance, work-life balance, and managing teams. HBR publishes articles of many lengths (some in both print and digital forms, and some in digital only), graphics, podcasts, videos, slide presentations, and just about any other media that might help them share an idea effectively.		Maureen Hoch, Editor in Chief
<u>Success</u>	SUCCESS is the only magazine that focuses on people who take full responsibility for their own development and income. SUCCESS readers understand that the world has changed and the classic employer-to-employee relationship has changed from a patriarchal to a transactional one. Readers understand and embrace that they are responsible for their own long-term success and happiness, and need to be proactive in finding the inspiration, motivation and training to achieve their goals. SUCCESS readers desire the freedom and control to make all meaningful business decisions.	  	Josh Ellis, Editor in Chief; Shelby Skrhak, Director of Digital Content and Social Media
PODCAST			
<u>Awesome Office Show</u>	The Awesome Office Show podcast is all about leading people, creating culture, and inspiring awesome for businesses of all shapes and sizes. Each week hosts talk to an inspiring leader leading an awesome company and learn what it takes to create a winning business and all-around Awesome Office. This is a behind-the-curtain look that you’re not going to find anywhere else. If you care about developing stellar cultures that provide lasting value for employees, customers, and shareholders, then this is the podcast for you.		Sean Kelly, SnackNation CEO
<u>The Carey Nieuwhof Leadership Podcast</u>	The podcast features a mix of well-known and everyday leaders whose insights bring tremendous value to your development as a leader. Includes church leadership topics.		Carey Nieuwhof
<u>Dose of Leadership with Richard Rierson</u>	The Dose of Leadership Podcast is the ultimate leadership resource of inspiring and educational interviews with relevant and motivating leaders; real-life leadership and influence experts who dedicate their lives to the pursuit of the truth, common sense, and courageous leadership. The podcast interviews leaders from all aspects of life: business leaders, entrepreneurs, authors, speakers, military heroes, faith based leaders—all are highlighted on the Dose of Leadership Podcast.		Richard Rierson
<u>The EntreLeadership Podcast</u>	Features lively discussions and tips on leadership and business by some of the top minds in the business, like Mark Cuban, Seth Godin, Jim Collins and Simon Sinek.		Ken Coleman
<u>The Go-Giver Podcast</u>	Would you like your business—and your life—to be a lot more fun, a lot less stressful, and a lot more profitable? Do you want to sell more, lead better, be more influential, and live a life of significance? In this show, based around the Five Laws of Stratospheric Success from the international bestseller “The Go-Giver,” you’ll learn how to naturally create a life of joy and prosperity. Your host, Bob Burg, coauthor of “The Go-Giver,” will share his insights and interview notables including today’s top entrepreneurs, business and thought leaders.		Bob Burg
<u>HBR IdeaCast</u>	A weekly podcast featuring the leading thinkers in business and management from Harvard Business Review.		Sarah Green Carmichael
<u>Heroine: Women’s Creative Leadership, Confidence, Wisdom</u>	Life journeys and down-to-earth conversations with creative women leaders and risk-takers—ordinary women who do extraordinary things because they embrace the unknown. Emphasis on women in innovative fields where science and art intersect, such as design, tech, and business.		Majo Molfino
<u>Leaders in the Trenches</u>	Conversations with leaders for leaders. The podcast explores the thinking of today’s entrepreneurs who are leading their market, their company, and their peers. Discover the fears they faced, the failures they navigated and the untold blood, sweat and tears story behind each of these successful leaders. Growing a business is a hard and dirty business and feels lonely at times; this podcast will guide you on your journey in the trenches of your business.		Gene Hammett
<u>Like a Mother with Emma Johnson</u>	Journalist, blogger, podcaster, and author of The Kickass Single Mom, Emma Johnson takes no prisoners. Her podcast, devoted to empowering single moms, talks frankly and unforgettably about money, career, sex and relationships. Rated a Top 15 Personal Finance Podcast by U.S. News & World Report.	 	Emma Johnson
<u>School of Greatness</u>	The goal of the School of Greatness is to share inspiring stories from the most brilliant business minds, world-class athletes and influential celebrities on the planet to help you find out what makes great people great.		Lewis Howes
<u>So Money with Farnoosh</u>	The show brings candid conversations about money with the world’s top business minds, authors and influencers including Tony Robbins, Tim Ferriss, Gretchen Rubin, Seth Godin, Robert Kiyosaki, Danielle LaPorte and many others. Discover their financial philosophies, failures, successes, habits...and little luxuries that make their lives easier and better.		Farnoosh Torabi
TV			
<u>GlobalLeadership.TV</u>	Join GLTV’s host Walter Link’s in-depth dialogues with global innovative leaders about how we move from our many challenges into our full potential as human beings, organizations and societies.		Walter Link

MONEY | FINANCE

MAGAZINE | WEBSITE

<u>AARP The Magazine</u>	The world’s largest-circulation magazine, with more than 47 million readers—helps people 50+ live their most fulfilling lives.		Claire McIntosh, Senior Editor
<u>The Balance</u>	Financial empowerment doesn’t have to be complicated or scary. It can help you achieve amazing things. The Balance is home to experts who know what they’re talking about, but don’t assume that you know your dividends from your distributions. They’re here to deliver clear, practical advice that will strengthen your lifelong relationship with money so you can earn more, spend smarter, invest well, and build a more secure future.		Matt Brownell, Editorial Director
<u>Forbes</u>	Forbes.com, home page for the world’s business leaders and the No. 1 business news source in the world, is among the most trusted resources for senior business executives, providing them the real-time reporting, uncompromising commentary, concise analysis, relevant tools and community they need to succeed at work, profit from investing and have fun with the rewards of winning.		Abram Brown, Senior Editor, Forbes magazine and Forbes.com
<u>Money Magazine</u>	Top personal finance magazine run by Meredith (formerly Time Inc.).		Adam Auriemma, Editor in Chief
<u>Wise Bread</u>	Wise Bread is a personal finance portal and community. It provides informative posts, tips on living more frugally, and so much more.		Lynn Truong, Editor in Chief

PODCAST

<u>Listen Money Matters</u>	Honest and uncensored—this is not your father’s boring finance show. This show brings much needed ACTIONABLE advice to a generation that hates being lectured about personal finance from the out-of-touch one percent. Andrew and Thomas are relatable, funny, and brash. Their down-to-earth discussions about money are entertaining whether you’re a financial whiz or just starting out.		Andrew Fiebert and Thomas Frank
<u>Millennial Money</u>	Top personal finance podcast hosted by Shannah Compton Game.		Shannah Compton Game
<u>Motley Fool Money</u>	The Motley Fool Money radio show airs each week on stations across America, including top-10 markets Los Angeles, San Francisco, Atlanta, Boston and Washington, DC. The show features a team of Motley Fool analysts discussing the week’s top business and investing stories, interviews, and an inside look at the stocks on their radar.		Chris Hill
<u>So Money with Farnoosh</u>	The show brings candid conversations about money with the world’s top business minds, authors and influencers including Tony Robbins, Tim Ferriss, Gretchen Rubin, Seth Godin, Robert Kiyosaki, Danielle LaPorte and many others. Discover their financial philosophies, failures, successes, habits...and little luxuries that make their lives easier and better.		Farnoosh Torabi
<u>Stacking Benjamins</u>	Live, from Joe’s mom’s half-finished basement...listen to a parade of financial headlines, personal finance experts, creatives, and people with stories that inspire. Every Monday, Wednesday, and Friday, hosts Joe Saul-Sehy and OG meet at the card table and bring you guests, trivia, your letters about saving, investing, and risk management, and much more. Academy of Podcast winner for “best business podcast of the year,” 2017 Plutus award winner for “best personal finance podcast,” and Kiplinger magazine’s only recommended personal finance podcast.		Joe Saul-Sehy

TV

<u>Money Matters</u>	Money Matters with Jean Chatzky is hosted by one of America’s most popular personal finance experts, Jean Chatzky—an award-winning journalist, bestselling author, and financial editor for NBC’s TODAY Show. Chatzky helps set viewers on the path to financial health by offering her thoughtful advice during this live one-hour call-in show. Chatzky takes calls, Skypes, and emails and follows Twitter feeds to address viewers’ financial concerns. She offers a dose of empathy along with practical, actionable strategies and advice to help viewers manage their money and plan for the future. Chatzky will cover everything from buying or leasing a car to growing your 401(k) to lending money to family members. Each episode will focus on one theme and feature an interview with an expert at the top of the show. Chatzky will then go to the phone lines and Twitter feeds so that viewers can take part in the discussion and get answers to their financial questions.		Jean Chatzky
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WEBSITE

<u>CNNMoney.com</u>	The latest business headlines, top financial stories from around the world, videos that take you behind the scenes and more.		Nicole Ridgway, Senior Editor
<u>Kimberly Palmer</u>	Veteran personal financial reporter, writer and author of multiple books. She freelances for US News, Nerdwallet and many other outlets.		Kim Palmer
<u>Nerdwallet</u>	Personal finance resource that helps people learn ways to save money, improve credit and get out of debt. Top writer for the site is Liz Weston.		Liz Weston
<u>ThinkAdvisor</u>	ThinkAdvisor features all the investment news, in-depth analysis, market data and tools financial advisors need to grow their businesses and their bottom line.		thinkadvisor.com/static/contact-us

REAL ESTATE

PODCAST

America's Commercial Real Estate Show

America's Commercial Real Estate Show is the nation's leading video and podcast show on commercial real estate related topics. Host Michal Bull, economists, analysts, and market leaders share valuable intel, forecasts and success strategies. If you invest, advise, develop, own, or rent commercial property, land or apartments, subscribe now because this show is for you.



Michal Bull

Bigger Pockets Podcast

The web's largest real estate hub devoted to helping people achieve financial freedom through the power of real estate investing. The Bigger Pockets Podcast is released weekly on Thursdays, and hosted by Joshua Dorkin and Brandon Turner.



Joshua Dorkin
and Brandon Turner

GSD Mode

A podcast dedicated to inspire you to CRUSH it in every aspect of your life. Hosts interview straight-up badasses who dominate their space. GSD mode=Getting Shit Done. It aims to help aspiring entrepreneurs looking to boost their brand clarity, boost their profits, and become the best business person/entrepreneur that they can be!



Joshua Smith

Pat Hiban Interviews Real Estate Rockstars

Get to know personally the top salespeople in the industry and find out the proven techniques they use to sell more homes and make more commission than 99% of their cohorts. Pat Hiban asks the questions others are afraid to ask...like, what's your net profit, how do you win on listing appointments and what app should every agent get today to sell more homes! By agents for agents...no cliches, not famous quotes, only items of utility.



Pat Hiban

WEBSITE

BiggerPockets Real Estate News blog

With well over 1 million views a month, the blog is a great place to gain exposure, interact with the community, and create important connections. Its writers regularly produce quality pieces on a diverse array of topics, and many who write frequently become known across both BiggerPockets and various finance and real estate circles. For those writers willing to commit to a regular weekly piece of content, they offer the perk of being featured on the Contributor Sidebar of their blog home page.



Allison Leung,
Director of Content

Brick Underground

NYC-focused. Brick Underground is the daily survival guide for buying, selling, renting and living in New York City. Includes articles.



Nathan Tempey,
Senior Editor

Inman News

Real estate industry professionals from around the world turn to Inman first for accurate, innovative and timely information about the business. Known for its award-winning journalism, cutting-edge technology coverage, in-depth educational opportunities, and forward-thinking events, Inman is the industry's leading source of real estate information.



Andrea Brambila,
Deputy Editor

Realty Times

Nearly half a million consumers and real estate professionals visit Realty Times online each month to read and watch the latest in news, advice, and market conditions from their talented staff of award-winning contributors. From buying and selling advice for consumers to money-making tips for agents, its content, updated daily, has made Realty Times a must-read, and see, for anyone involved in real estate. To provide such content, editors work with an array of experienced contributors who offer a variety of perspectives and ideas. Together, they work to provide consumers and industry professionals with helpful, informative news and advice.



Chris Warrick,
Executive Vice President

RELATIONSHIPS | LOVE | DATING

BLOG

<u>Jezebel</u>	Celebrity, sex, fashion for women. Without airbrushing.	 	Julianne Escobedo Shepherd, Deputy Editor
<u>Lenny Letter</u>	Feminism, style, health, politics, friendship, and everything else from Lena Dunham and Jenni Konner at LennyLetter.com.		lenny@lennyletter.com
<u>The Single Life</u>	Membership-based site helping single women live their best life (features a blog).		thesinglelife.com/contact-us
<u>Unmarried.org</u>	Standing up for fairness and equal treatment of all people regardless of marital status since 1998. Home of the blog of singles rights expert and advocate Bella DePaulo!		Bella DePaulo
<u>Wealthy Single Mommy</u>	Journalist, blogger, podcaster, and author of The Kickass Single Mom, Emma Johnson takes no prisoners. Her popular blog, devoted to empowering single moms, talks frankly and unforgettably about money, career, sex and relationships.	 	Emma Johnson

MAGAZINE

<u>Cosmo / Cosmopolitan.com</u>	The latest sex tips, celebrity news, dating and relationship help, beauty tutorials, fashion trends, and more.	 	Faye Brennan, Deputy Editor
<u>Glamour</u>	Redefining fulfillment for women.	 	Wendy Naugle, Executive Editor
<u>Modern Love</u>	Weekly essays that explore the joys and tribulations of love.	 	Daniel Jones, Column Editor
<u>Psychology Today</u>	The latest from the world of psychology: from behavioral research to practical guidance on relationships, mental health and addiction.		Kaja Perina, Editor in Chief; Lybi Ma, Deputy Editor

PODCAST

<u>The Bounce Back</u>	A podcast hosted by Laura Yates looking at stories of bounce backs and the amazing, empowering, unusual and sometimes funny things people have done as a result of going through something in life that requires a bounce back! Breakups, life transitions, career, health and loads more. With interviews, anecdotes, advice and thoughts.		Laura Yates
<u>Confessions of a Terrible Husband: Lessons Learned from a Lumpy Couch!</u>	Confessions of a Terrible Husband is a marriage podcast for people who are looking for real advice from the trenches and who are committed to taking personal responsibility over improving their relationships. Hear Nick Pavlidis talk all things marriage and life and interview people like Fawn Weaver from The Happy Wives Club, John G. Miller, of QBQ, Inc., Dan Miller and Joanne Miller of 48 Days to the Work You Love, Derek and Carrie Olsen from Better Conversations, Marcus and Ashley Kusi from Our Peaceful Family, and many, many more about the best ways to have an amazing relationship!		Nick Pavlidis
<u>Death, Sex & Money</u>	Anna Sale explores the big questions and hard choices that are often left out of polite conversation.		Anna Sale
<u>Girl Boner</u>	A spicy blend of personal stories, in-depth reporting and inspiration, Girl Boner is where good girls go for sexual empowerment. Health and sexuality writer August McLaughlin explores female sexual pleasure like no one else. She’s the fearless sister/girlfriend you’ve always wanted—and she loves to talk sex! Girl Boner Radio is LGBTQIA-friendly and all genders are welcome.		August McLaughlin
<u>Sex with Emily</u>	Emily Morse is a sex and relationship expert, author, talk show host and Bravo TV star. Sex With Emily is her podcast about sex, relationships and everything in between. As a “sexpert,” Emily is known for her non-judgmental advice, accessibility and humor.		Emily Morse

WEBSITE

<u>The Good Men Project</u>	A diverse community of 21st century thought leaders who are actively participating in a conversation about the way men’s roles are changing in modern life—and the way those changes affect everyone.		Kevin Wood, Lead Editor; Lisa M. Blacker, Executive Editor Sex, Love, and Relationships
<u>Happen (magazine of Match.com)</u>	Tips and advice to help readers date better and make their relationships more satisfying—and to help them through the inevitable ups and downs of romance.	 	Sarah Naughton, Editor
<u>HelloGiggles.com</u>	A positive online community for women covering the latest in culture, female empowerment, style, relationships, friendship, careers, and issues that matter most to young women’s lives.	 	Emily Popp, Deputy Editor
<u>Marriage.com</u>	Marriage.com is dedicated to providing expert advice, trusted resources, and general information about all things marriage. From legal topics to tips for maintaining healthy relationships, the web-based community supports the idea that building healthy, happy marriages requires more than just a license: it demands an ongoing commitment to growth, evolution, and relationship education.		marriage.com/contributions
<u>The Nest</u>	The Nest helps couples navigate the first years of cohabitation through inspiring, informative and engaging home decor, food and relationship content.		editorial@thenest.com
<u>YourTango</u>	For women: Featuring a collection of diverse voices, YourTango shares affirming stories, thoughtful opinions, funny perspectives, approachable expert advice, and lots of fun, shareable lists that, together, help foster stronger, happier relationships with those who matter most, including our selves, spouses, kids, crushes, friends, families, pets, and, yes, sometimes even our exes!	  	Andrea Zimmerman, Editor at Large; Sabrina James, Editorial Director

SENIORS

MAGAZINE | WEBSITE

AARP The Magazine

The world's largest-circulation magazine, with more than 47 million readers—helps people 50+ live their most fulfilling lives.



Claire McIntosh,
Senior Editor

Boomer Cafe

Now in its 18th year, BoomerCafé is the original digital magazine for baby boomers with active lifestyles and youthful spirits.



David Henderson and
Greg Dobbs,
Founders

SeniorPlanet.org

Aging with attitude. SeniorPlanet.org celebrates aging by sharing information and resources that support aging with attitude, and helps people who were born long before the digital revolution to stay engaged and active by bringing a digital-technology focus to a range of topics—among them news, health, sex and dating, art and design, senior style, travel and entertainment.



Virginia Randall,
Associate Editor

thirdAGE

thirdAGE is a premier health + wellness site for women and their families.



Sondra Forsyth,
Co Editor in Chief

PODCAST

The Aging Boomers

The Aging Boomers discusses many of the issues facing boomers and an aging population today.



Frank Samson

Better Health While Aging Podcast

A doctor's podcast for older adults and family caregivers, hosted by practicing geriatrics specialist Leslie Kernisan, MD MPH. Learn what really works when it comes to improving health and wellbeing while aging. Dr. K and her guests discuss common health problems that affect people over age 60, the best ways to prevent and manage those problems, and they also often address common concerns and dilemmas that come up with aging parents.



Leslie Kernisan, MD MPH

Live Long and Master Aging

The Live Long and Master Aging (LLAMA) podcast is a weekly series of extended, one-to-one interviews about human longevity. Hosted by Peter Bowes, leading scientists share their latest research into living a long and healthy life. The podcast delves into the clinical trials and challenges new ideas. It also features some remarkable people who have already mastered the art of aging. Hear about their insights into growing old, without feeling old, and the secrets of their longevity.



Peter Bowes

TRAVEL | LUXURY

MAGAZINE | WEBSITE

<u>AARP The Magazine</u>	The world’s largest-circulation magazine, with more than 47 million readers—helps people 50+ live their most fulfilling lives.		Claire McIntosh, Senior Editor
<u>AFAR</u>	AFAR is the multi-platform travel media brand that inspires and guides those who travel the world to connect with its people, experience their cultures, and understand their perspectives. Its platforms include the award-winning AFAR magazine; AFAR.com, recently named a Top 10 site That Makes Travel Easier; the non profit foundation Learning AFAR; and immersive travel series AFAR Experiences.		about.afar.com/about/afar/contact-us
<u>Backpacker</u>	Travel mag for backpacking/hiking.		backpacker.com/page/guidelines
<u>Departures</u>	Departures is an American quarterly lifestyle available only to holders of American Express. Pitch travel stories, FOB pieces and unusual, quirky round-ups.		Heather Halberstadt, Features Editor
<u>JustLuxe.com</u>	Founded in 2004 and with corporate headquarters in San Diego, California, JustLuxe.com provides affluent consumers worldwide with engaging content ranging from luxury lifestyle to fashion and travel. JustLuxe has a team of in-house writers, as well as an expansive network of contributors from around the world who are considered experts within the luxury market.		Nicolle Monico, Travel Editor
<u>LA Times Travel Section</u>	Travel section of LA Times.	 	Catharine M. Hamm, Travel Editor
<u>Lonely Planet</u>	Worldwide travel guide.		lonelyplanet.com/about/contribute
<u>NY Mag Travel</u>	Travel section of NY Mag.		nymag.com/contactus
<u>OpenWorld</u>	Magazine and podcast featuring nomads, lifestyle designers, and world adventurers hosted by Danny Flood.		Danny Flood
<u>Pathfinders Travel</u>	Travel mag specifically for people of color.		pathfinderstravel.com/contact-us
<u>Robb Report</u>	Luxury travel website/magazine.		Jill Newman
<u>Sunset</u>	This magazine focuses on 13 Western states and wants “take action” travel ideas as well as destinations that offer a variety of experiences and “soft adventures.”	 	Irene Edwards, Editor in Chief
<u>Travel + Leisure</u>	Explore Travel + Leisure’s travel guides for the best hotels, restaurants, and things to do around the world from expert editors for your next destination.		Jesse Ashlock, Executive Editor
<u>Wanderlust / Wanderlust.co.uk</u>	The magazine rarely publishes narrative travel features, but does consider interesting blogs, inspirational round-ups, ‘listicles,’ guides and advice pieces. With only ten issues a year, the opportunities for getting work published in Wanderlust magazine are extremely limited. The vast majority of articles are commissioned specifically for the magazine, and written by experienced journalists, guidebook authors or travel experts.	 	Lyn Hughes, Wanderlust Co-Founder and Editor in Chief

PODCAST

<u>The Amateur Traveler</u>	The Amateur Traveler audio episodes are usually an interview of someone who has visited a destination, lives at a destination, or wrote the book on it.		Chris Christensen
<u>The Budget-Minded Traveler</u>	The Budget-Minded Traveler podcast is a trusted source for the inspiration and practical tips that make international travel accessible to everyone. If you want to see the world, you can make it happen, and Jackie and her world-wandering guests will help you get there.		Jackie Nourse, Founder and Editor
<u>Extra Pack of Peanuts Travel Podcast</u>	The Extra Pack of Peanuts Travel Podcast is hosted by Travis Sherry, a serial entrepreneur and world traveler. Known as “Rick Steves for the new generation,” this podcast will teach you everything you need to know to travel more and spend less. From interviews with some of the world’s most famous travel names, like Chris Guillebeau, Bruce Poon Tip, AJ Jacobs, Chris Christensen and others, to specific travel advice on how to use frequent flyer miles, score cheap hotels, pack like a pro, and travel on a budget, this show does it all. The podcast also highlights specific destinations, telling you what it’s really like to travel to India, the best places to eat and sleep in Paris, and tops everything off with its Top 10 lists, which will make you laugh, reminisce, and ultimately, be filled with wanderlust.		Travis Sherry

WEBSITE

<u>Matador Marketplace</u>	This is like HARO for travel writers. Journalists put out leads, experts respond.		matadoru.com/access/marketplace
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TOP NEWSPAPERS IN THE U.S.

Don't forget newspapers! They remain a media mainstay (even if more of us are reading them online).

Here's a list of the top 15 U.S. newspapers by circulation as of 2017. Check out their sites for more information on how to pitch and submit news items, and the more specific you can be regarding the section you want to pitch, the better.

Pro tip: Become familiar with the names of contributors and their "beats," or the topics they cover, so that you can pitch them individually as well.

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| 1. | <u>USA Today</u> | usatoday.com |
| 2. | <u>The Wall Street Journal</u> | wsj.com |
| 3. | <u>The New York Times</u> | nytimes.com |
| 4. | <u>Los Angeles Times</u> | latimes.com |
| 5. | <u>New York Post</u> | nypost.com |
| 6. | <u>Newsday</u> | newsday.com |
| 7. | <u>Chicago Tribune</u> | chicagotribune.com |
| 8. | <u>New York Daily News</u> | nydailynews.com |
| 9. | <u>The Washington Post</u> | washingtonpost.com |
| 10. | <u>The Denver Post</u> | denverpost.com |
| 11. | <u>Houston Chronicle</u> | chron.com |
| 12. | <u>The Dallas Morning News</u> | dallasnews.com |
| 13. | <u>The Boston Globe</u> | bostonglobe.com |
| 14. | <u>The Seattle Times</u> | seattletimes.com |
| 15. | <u>Tampa Bay Times</u> | tampabay.com |
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