

Psychology Today

FOR A HEALTHIER LIFE



MEDIA KIT

2018

115 East 23rd Street, 9th Floor, New York City, New York 10010

telephone 212-260-7210 **fax** 212-260-7566

website www.PsychologyToday.com **email** sales@psychologytoday.com

OUR MISSION

Psychology Today is devoted to everyone's favorite subject:

OURSELVES.

For over 50 years, *Psychology Today* has dedicated itself to exploring the connections between mind, body, and spirit!

In every issue, *Psychology Today* addresses why we behave the way we do and how we engage with the world around us; as well as how we react to life stages, including birth, career choices, marriage, adversity, and success.

Psychology Today assists our readers with making healthy lifestyle decisions by embracing positive behavioral changes that influence not only themselves but the world around them!

TRUSTED EDITORIAL

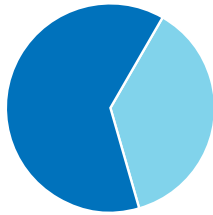
Top 10 Reasons Readers Keep Coming Back



DEMOGRAPHICS

Readership

63% female
37% male



Employment

63% Employed

61% Professional/
Managerial

Education

77.9% Attended/
Graduated
College+

Circulation

Guaranteed Rate Base.....	250,000
Readers Per Copy.....	15.02
Total Audience.....	3,755,000

Median Age 48

18-49 53.5%

25-54 51.4%

35-49 43.5%

Income HHI \$90,697

\$40,000+ 75.2%
\$50,000+ 67.2%
\$60,000+ 59.9%



Social Media

f 7.5M likes

t 522K followers

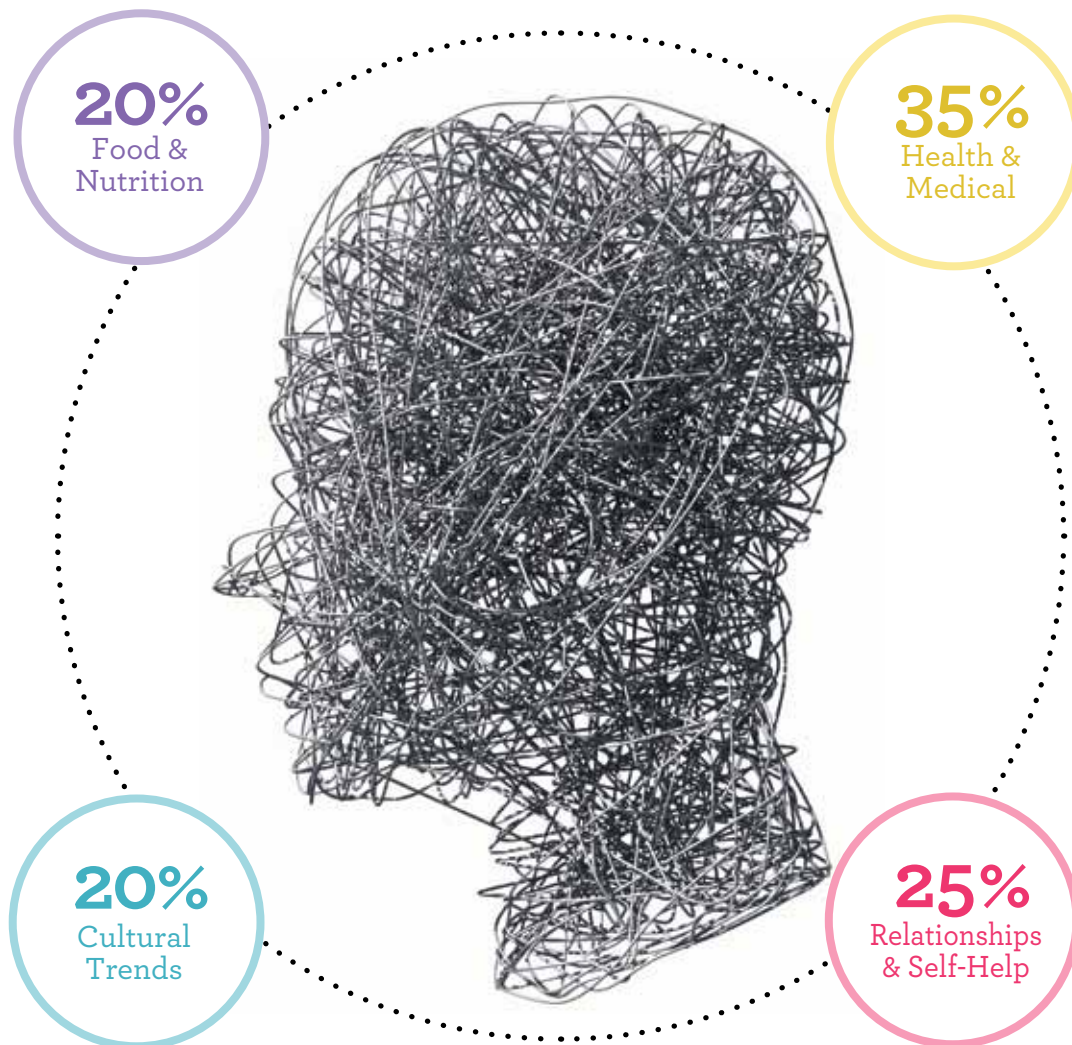
g+ 16K followers

EDITORIAL BREAKDOWN

A Healthy Editorial Mix

Psychology Today embraces the fact that wellness is as much about self-awareness and self-care as it is physical health. Every issue offers trusted advice from experts in the fields of relationships and self-esteem, sexual health, nutrition, and everyday health issues.

By putting into perspective the latest research and trends, *Psychology Today* provides useful advice that's balanced and inspirational, offering a step-by-step plan for healthy living on topics that are designed to help readers take immediate action in their lives.



EDITORIAL FEATURES

INSIGHTS

Unconventional Wisdom

A sassy advice column by Editor at Large Hara Estroff Marano that addresses sexual, emotional, and familial quandaries with humor and verve.

Q&A

Scientists, artists, philosophers, and other bright minds speak with us about their work and offer new perspectives on human behavior.

News & Tips

We explore fresh and helpful research on topics like relationships, habits, and planning for the future, breaking down new findings into bite-sized lessons.

POV

Two-Minute Memoir

First-person narratives that capture life-changing moments and revelations.

Solutions

From loving well to understanding addiction, a rotating cast of writers addresses contemporary issues with unusual insight.

Books

We analyze and compare new releases on topics ranging from the secrets of spies to the quest for immortality.

Rant

A first-person essay on a highly charged topic that is front and center on the cultural stage.

PERSONALITY

Person of Interest

Celebrities and unknowns alike receive in-depth profiles that offer lessons for everyone and anyone in-between.

Eccentric's Corner

A probing conversation with zany, mysterious, and brilliant artists, ground-breaking scientists, and other unconventional characters.

EDITORIAL FEATURES

HEALTH

Supplemental Science

The freshest knowledge about the vitamins and nutrients that enrich our physical and mental well-being.

Mind Your Body

Tips for improved mood and optimal health, from ways to get the most out of your doctor visits to physical and emotional pick-me-ups.

Nature's Bounty

From a top chef's focus on nutrition and taste to a grower's dedication to the functional properties of his crops, this feature takes a look at every stage of our food, from cultivation to consumption.

RELATIONSHIPS

Mating

Romance, family, friendship, and more: We illuminate the ties that bind us and the pathways to a happier coexistence.

Sex

The hottest topics in sexuality—from unexpectedly attractive traits to the meaning of our fantasies—are unraveled here.

Social Life

Human beings are social animals, and the tenor of our social life is one of the most important influences on our mental health.

EDITORIAL CALENDAR

FEATURES

DEPARTMENTS

JANUARY/FEBRUARY

- COVER: Reinvent Yourself at Any Age: Change Your Mindset, Change Your Life
- Personal Space
- The Rural Mental Health Crisis
- Emotions vs Feelings

Special Section: **RECOVERY ADVISOR**

- **Supplemental Science:** Vitamin C
- **Nature's Bounty:** Beer as Health Food
- **Mind Your Body:** This Is Your Brain on Daylight
- **Relationships:** Anger and Accountability

MARCH/APRIL

- COVER: Depression 2018: A Whole New View
- Infidelity
- The Power of Words
- How Cities Shape Us

Special Section: **CAREERS IN PSYCHOLOGY**

- **Supplemental Science:** Turmeric
- **Nature's Bounty:** Reinventing Supermarkets
- **Mind Your Body:** Humiliation
- **Relationships:** BEing Together

MAY/JUNE

- COVER: Love and Loneliness
- The Gut-Brain Axis
- Predatory Behavior
- The Secrets of Great Psychotherapists

- **Supplemental Science:** Omega Fats
- **Nature's Bounty:** Can You Turbo Charge Your Brain?
- **Mind Your Body:** Social Support
- **Relationships:** The Love Police

JULY/AUGUST

- COVER: The Changing Shape of Childhood
- Digital Fingerprints
- Resilience: The Art of Adaptation
- Rethinking Addiction

- **Supplemental Science:** Zinc
- **Nature's Bounty:** Nuts as Superfood
- **Mind Your Body:** Exercise and the Brain
- **Relationships:** Listening to Lovers

SEPTEMBER/OCTOBER

- COVER: Stress: How Much Is Too Much?
- Telepsychiatry and Chatbots
- The Importance of Being Moral
- In Search of Well Being

- **Supplemental Science:** Probiotics
- **Nature's Bounty:** The Vegan Wars
- **Mind Your Body:** Outsmarting Pain
- **Relationships:** Resentment

NOVEMBER/DECEMBER

- COVER: Profiles in Leadership
- The Meaning of Dreams
- Manipulating Memory
- Breaking Up: The Art and Science of Endings

- **Supplemental Science:** Quercetin
- **Nature's Bounty:** Feeding Your Brain's Mitochondria
- **Mind Your Body:** Getting Self-Appraisal Right
- **Relationships:** Bonds at Work

Supplemental Science delivers the latest facts, research and information on vitamins and other nutritional boosters that support brain health and overall well-being.

Topics for 2018

ISSUE	TOPIC	SPACE CLOSE
January/February	Vitamin C	11/03/17
March/April	Turmeric	01/05/18
May/June	Omega Fats	03/02/18
July/August	Zinc	05/04/18
September/October	Prebiotics	07/06/18
November/December	Quercetin	09/07/18



Editorial Contact
Hara Estroff Marano
Editor-at-Large/Health & Nutrition
 Email: hmarano@psychologytoday.com

ADDED VALUE

Fantastic Finds

Our specialized **product awareness** page—offering clients a 1/18 page of bonus space with a product shot, logo, and 30 words of copy—to draw additional attention to your brand!

FANTASTIC FINDS		
Advertisement		
<p>Natrol® Melatonin</p>  <p>Natrol Melatonin, the #1 selling Melatonin brand, is the 100% drug-free way to get to sleep faster and wake up refreshed so you can be ready to own your day. Natrol.com</p>	<p>Sierra Tucson</p> <p>For over 33 years, Sierra Tucson has built a legacy of trust and hope as a world leader in individualized residential treatment for addictions/co-occurring disorders, mood and anxiety disorders, complicated pain, trauma, and disordered eating. SierraTucson.com 884-213-7600</p> 	<p>Solgar®</p>  <p>More active. 185x better bioavailability. Faster absorbed.^{1*} That's the difference with Solgar® Full Spectrum Curcumin. Solgar® Full Spectrum Curcumin... one softgel, once a day—185x better.^{1*} www.solgar.com</p> <p><small>¹Compared to native curcumin extract. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.</small></p>
<p>Burning Tree</p>  <p>Now Accepting out of Network Benefits BurningTreeLodge.com 866-287-2877 BurningTree.com</p> 	<p>Ridgecrest Herbs</p>  <p>Cumulative effects of digital eye fatigue can lead to a progressive loss of visual function. EssentialEyes is a new eclectic herbal formula to give you full-spectrum vision defense! rcherbs.com/shop/essentialeyes/</p>	<p>John Volken Academy</p>  <p>Freedom from Addiction</p> <ul style="list-style-type: none"> • Life-skills • Career Training • Education <p>1-855-592-3001 www.volken.org</p>
<p>Carlson Laboratories</p>  <p>Olive Oil & Omega-3s. Olive your Heart™ blends Greek extra virgin olive oil with Norwegian fish oil. Each serving provides 1,480 mg of omega-3s, including EPA and DHA, which support cardiovascular health and optimal wellness. www.CarlsonLabs.com</p>	<p>Banyan Treatment Center</p>  <p>Nationwide, Banyan Treatment Center stands as the leader in providing growth through recovery by offering all levels of client care. We offer truly customized treatment programs tailored to the individual.</p>	<p>Get Athena Pheromones™</p>  <p>Increases romantic attention. Proven effective for 74%. Created by biologist Dr. Winnifred Cutler, co-discoverer of human pheromones. Formulas for men and women. "I love it! It brings all the fireworks." —Ann (TX) www.athenainstitute.com 610-827-2200</p>
<p>The Awakening Body</p>  <p>Here, Reggie Ray cracks open the mind-body dichotomy and presents six body-based practices that connect us directly to the richness of living a fully present, embodied human life. www.shambhala.com</p>	<p>Parenting as Partners</p>  <p>Very few families are perfect. Most struggle. Vicki Hoeffle offers a roadmap to marital and familial happiness by exploring how each parent's childhood influences their parenting style. www.routledge.com/9781629561752</p>	<p>Poised for Retirement</p>  <p>A unique tale offering solace to people nearing retirement. Written with humor and compassion, readers will relate as the author reflects on her ordinary working woman's life and career. www.centralrecoverypress.com</p>
<p>Centered Health</p> <p>Centered Health's tranquil Malibu Beachside facility for adolescents struggling with substance abuse and co-occurring mental health disorders, embodies evidenced-based care along with the key principles of mind-body health. 1-800-200-1455 www.CenteredHealth.com</p> 	<p>Alliant International University</p> <p>The California School of Professional Psychology at Alliant International University is one of the nation's first free-standing schools of clinical psychology, and continues its legacy of professional practice in education.</p> 	<p>Natrol® Cognium™</p>  <p>Natrol Cognium improves memory and concentration. It's the only brain health supplement with an ingredient proven safe and effective in nine human clinical trials. CogniumMind.com</p>
<p>Evolve Treatments Centers</p>  <p>Evolve Treatments Centers provides innovative and cutting edge treatment tailored specifically for teens, ages 12 to 18, struggling with addiction and mental health issues. 866-810-2504 www.evolve-treatment.com</p>	<p>Alpha-Stim®</p>  <p>Safely and effectively treat your anxiety, depression and insomnia, with Alpha-Stim, a medical device that uses a mild microcurrent. Supported by over 100 research studies. Call 1-800-367-7246 www.alpha-stim.com</p>	<p>1 Method Center</p>  <p>Located in West Los Angeles, CA, 1 Method Center offers specialized treatment for adults experiencing addiction and mental health problems through a highly individualized clinical/health and fitness program. 1-800-270-1389 www.methodtreatment.com</p>

ONLINE

STATISTICS

Traffic

Unique Visitors _____ **13.7** million/month
 Page Views _____ **40** million/month
 Average Time on Site _____ **2.4** minutes

Gender

Male _____ **37.7%**
 Female _____ **62.3%**
 Median Age _____ **35 yrs.**

Household Income

\$75K+ _____ **49%**
 \$100K+ _____ **33%**

Education

Attended/Graduated College _____ **61%**
 Attended/Graduated Graduate School _____ **17%**

Top 5 Topics on Site

- Depression/Anxiety
- Wellness
- Healthy Sexuality
- Education
- Brain

40
MILLION
 PAGE VIEWS
 PER MONTH

5 UNIQUE FEATURES

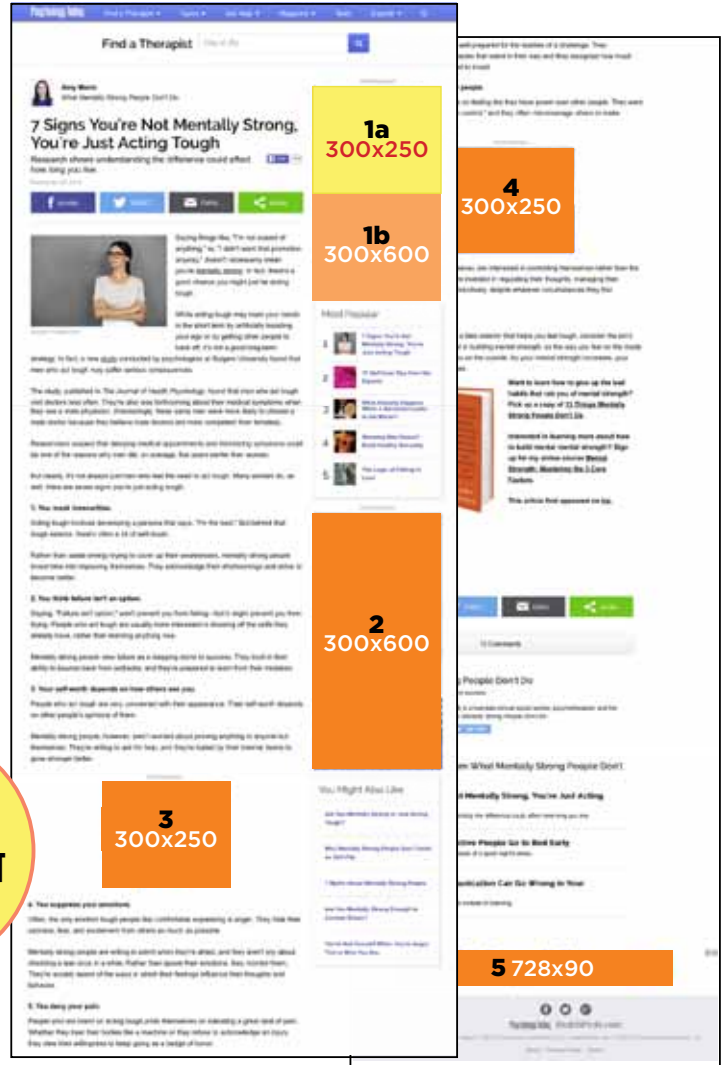
1. Over 50+ brand new articles—every day
2. 1,000+ Expert Bloggers
3. The Therapy Directory
4. The Facility Directory
5. Over 50 Online Health Tests

Digital Specs:

<https://www.psychologytoday.com/about-psychology-today>

Source: COMSCORE September 2017

DESKTOP



MOBILE



DIRECTORIES

THE **BEST** FIT FOR EVERY PERSONALITY

Psychology Today's
Therapy Directory
helps clients find
the right therapist
or treatment center.

Generates over
95,000 referrals a day

Searches can be refined
by **location, insurance,
price, & specialty**

**Mobile, tablet, &
desktop** responsive

Includes
120,000+ therapists
& treatment centers

sex addict



anxious



bipolar



detoxing



abused



depressed



insomniac



narcissistic



grieving



anorexic



alcoholic



antisocial



defiant



gambling addict



impotent



2018 CLOSING DATES

ISSUE	SPACE CLOSE	MATERIALS DUE	ON-SALE
January/February	11/03/17	11/10/17	01/02/18
March/April	01/05/18	01/12/18	03/06/18
May/June	03/02/18	03/09/18	05/01/18
July/August	05/04/18	05/11/18	07/03/18
September/October	07/06/18	07/13/18	09/04/18
November/December	09/07/18	09/14/18	11/06/18



Psychology Today

FOR A HEALTHIER LIFE

PsychologyToday.com

NEWSSTAND DISTRIBUTION

Book & Music Stores



General Retail



Supermarkets



Health Food Stores



Drugstores



2018 RATES

GENERAL RATES

Rate Base: 250,000

Four Color	1x	3x	6x	9x	12x
Full Page	20,055	18,795	17,640	16,590	15,645
2/3 Page	14,700	13,860	13,125	12,180	11,550
1/2 Page	11,550	10,920	10,185	9,555	8,925
1/3 Page	7,770	7,350	6,930	6,615	6,300

Two Color	1x	3x	6x	9x	12x
Full Page	17,115	15,960	15,015	14,175	13,440
2/3 Page	12,600	11,760	11,130	10,395	9,765
1/2 Page	9,765	9,240	8,610	8,085	7,560
1/3 Page	6,720	6,300	5,880	5,460	5,040

Black & White	1x	3x	6x	9x	12x
Full Page	13,755	12,810	11,970	11,340	10,605
2/3 Page	10,080	9,450	8,820	8,400	7,770
1/2 Page	7,875	7,350	6,930	6,615	6,195
1/3 Page	5,460	4,935	4,620	4,410	4,200

Covers

Second	23,065
Third	22,060
Fourth	24,065

SPECIAL SECTIONS

Education & Emporium

	1x	3x	6x
1/2 Page	6,400	5,775	5,355
1/3 Page	3,360	3,150	3,045
2/9 Page	2,940	2,730	2,520
1/6 Page	1,995	1,890	1,785
1/9 Page	1,470	1,365	1,260

Fantastic Finds

	1x	3x	6x
1/9 Page	1,470	1,365	1,260

Standard BRC (Supplied)*

BRC (75# stock)	13,125
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Inserts (Supplied)**

Single leaf (75# stock)	20,055
Double leaf (75# stock)	36,100

* Must be accompanied by full or 1/2 page ad, bind-in & postage costs are additional.

** For additional page insert costs, please contact your sales representative.

ALL RATES ARE GROSS

SPECS

Psychology Today magazine is produced computer-to-plate (CTP) and material supplied must adhere to the recommended Specifications for Web Offset Publication (SWOP).

Full Page

File format: PDF/X-1a:2001 format only. Careful attention must be paid to the proper creation of PDF/X-1a: 2001 files to ensure that they will reproduce correctly. *Please check your file carefully before you send it.* All high-resolution images and fonts must be included when the PDF/X-1a:2001 file is saved. Use only Postscript fonts—no TrueType fonts or font substitutions. Images must be a high resolution TIFF or EPS files at 300 dpi. Total area density should not exceed SWOP 300% TAC. Images should be CMYK or grayscale only. Do not nest EPS file into other EPS files. Do not embed ICC profiles within images. All required image trapping must be included in the file. All transparencies must be flattened. File should be right reading, portrait mode, 100% size, and no rotations. PDF/X-1a:2001 must include standard trim, bleed and center marks in all separations. Crop marks should offset from trim by 1/8" (No marks included in the "live" image area). *If native application files (InDesign, Photoshop, or Illustrator, etc.) are submitted for full page ads, conversion charges will apply.* We do not accept full page ads via email or ftp. Publisher is not liable for print quality of advertisements not arriving to spec or without a SWOP contract proof. Printing material will be retained for one year and then destroyed unless return is requested.

Media: Ads will be accepted on CD or DVD in Macintosh format. All disks and proofs must be labeled and include company name, phone number/production contact and magazine/issue date.

Bleeds: Image or color bleeds must extend 1/8" beyond the trim line.

Crop marks: Crop marks should offset from trim by 1/8".

Proof: A SWOP contract proof that matches the supplied digital ad for content and color at 100% with cropmarks must be provided with all files, 4/C and B/W to be used on press. If not supplied, there will be an additional charge. No color laser or inkjet proof accepted. Please ask your sales representative for more details.

Fractional Page

File format: Illustrator eps (layers must be flattened and text converted to outlines) or Photoshop eps/tiff must be 300 resolution. *Please check your file carefully before you send it.* Any unused colors must be deleted. Line art used at 100% should be 1200 dpi: used at 50%, it can be 600 dpi: it should not be used at any size smaller than 50%. Publisher is not liable for print quality of advertisements not arriving to spec or without a SWOP contract proof. Printing material will be retained for one year and then destroyed unless return is requested.

Print Specs: <https://www.psychologytoday.com/about-psychology-today>

Materials should be sent to:

Psychology Today/ Production Department
115 East 23rd Street, 9th Floor
NewYork, NY 10010

Contact

Ray Ramcharitar
Direct: 646-763-6368 **Fax:** 212-260-7566
Tel: 212-260-7210 Ext. 208
Email: ray@psychologytoday.com

SPECS

Run of Book

Magazine Trim Size: 8" x 10-1/2"

Printing Process: Web offset

Binding: Perfect bound

UNIT	NON-BLEED	BLEED	LIVE AREA	TRIM
Spread*	15" x 10"	16-1/4" x 10-3/4"	15" x 10"	16" x 10-1/2"
1/2 page spread**	15" x 4-1/2"	16-1/4" x 5-3/8"	15" x 4-1/2"	16" x 5-1/8"
Full page	7" x 10"	8-1/4" x 10-3/4"	7" x 10"	8" x 10-1/2"
2/3 page	4-1/2" x 10"	5-1/4" x 10-3/4"	4-1/2" x 10"	4-15/16" x 10-1/2"
1/2 horizontal	7" x 4-1/2"	8-1/4" x 5-3/8"	7" x 4-1/2"	8" x 5-1/8"
1/2 vertical	3-1/2" x 10"	4-1/8" x 10-3/4"	3-1/2" x 10"	3-7/8" x 10-1/2"
1/3 vertical	2-1/8" x 10"	2-7/8" x 10-3/4"	2-1/8" x 10"	2-9/16" x 10-1/2"
1/3 square	4-1/2" x 4-1/2"	—	4-1/2" x 4-1/2"	4-1/2" x 4-1/2"

* Send each page of full page spread as separate files in PDF/X-1a: format.

** Send each page of pg. spread as separate files in Illustrator eps or Photoshop eps/tiff.

For bleed ads, the live area should not exceed the non-bleed measurements.

Education & Emporium

UNIT	SIZE	UNIT	SIZE
1/2 page	7" x 4-1/2"	2/9 horizontal	4-1/2" x 3"
1/3 square	4-1/2" x 4-1/2"	1/6 vertical	2-1/8" x 4-1/2"
1/3 vertical	2-1/8" x 9-1/4"	1/6 horizontal	4-1/2" x 2-1/8"
1/3 horizontal	7" x 3"	1/9 page	2-1/8" x 3"
2/9 vertical	2-1/8" x 6-1/8"		

Commission & Invoicing

AGENCY COMMISSION: 15% of gross billing to recognized agencies.

INVOICES: Rendered mid-month preceding date of issue.

PAYMENT TERMS: Net 30 days.

Special Units

Gatefolds, booklets, special insert sections available on a limited basis. Bind-in cards are available on an advertiser supplied or shared basis. Cards must be accompanied by a full page advertisement. Random or perfect A/B splits available. Rates and specifications available from your sales representative.

Copy & Contract Regulations

Advertisements not arriving to spec are subject to production fees. Typesetting changes done to ad beyond keycode changes are subject to production fees. Publisher is not liable for tracking code errors. Publisher is not liable for print quality of advertisements not arriving to spec or without a SWOP contract proof. Advertisements that look, in the publisher's opinion, like the publication's editorial pages will be marked "Advertisement." Changes in orders must be made two weeks prior to closing date of issue. Cancellations made at or after official closing date will be subject to short rates. No conditions other than those set forth in this rate card shall be binding on the publisher unless agreed to in writing by the publisher.

SPECS: FULL PAGE INSERT

Magazine Trim Size: 8" x 10-1/2" **Printing Process:** Web offset **Binding:** Perfect Bound

Insert dimension:

Insert must be 8.25" x 10.75" (this includes 1/8" bleed for trimming on all four sides). The Live/Safety area is 7.5" x 10". Do not include cropmarks on inserts. Insert will be bound and trimmed to the size of our 8" x 10.5" magazine.

Stock:

Minimum: 80# Text stock
Maximum: 130# Text stock

Spoilage:

• **Under 50,000 inserts:** supply **1500**
• **Over 50,000 inserts:** supply **3%**

Delivery to printer (Quad/Graphics)

Packaging Requirements

Materials being delivered must meet the following requirements.

1. All materials must be accompanied by a detailed packing list and Bill of Lading ("BOL").
2. Each skid and/or carton should be clearly marked on all four sides with the following information:
 - a) Counts per lift/carton
 - b) Total counts per skid
 - c) Total number of pieces (forms) for roll stock and/or fanfold
 - d) Description of piece (key code, unique identifier)
 - e) Title and issue or a Quad/Graphics JOB NUMBER (please contact your Account Sales Representative or see below)
 - f) Front page edit clue if 2-page insert (Example: attach an actual sample of the insert to the outside of the carton and label it "Page 1/Side A").
3. All skids must be secured, wrapped and banded with plastic banding, not metal.
4. The total height of the skid can be no more than 45", the dimensions of which must be no more than 48" long by 40" wide and not less than 46" long by 36" wide.

Quad/Graphics reserves the right to refuse delivery of materials that do not meet the packaging requirements OR to repackage the materials for a fee (based on prevailing rates) OR to require the materials be picked up by the Customer.

Quad/Graphics Job Number

All product shipments MUST be accompanied by Quad/Graphics' six-character "JOB NUMBER" on the BOL. If the Quad/Graphics job number is not available, the BOL must include the title and issue of the product being delivered.

Scheduled Delivery Appointments

In order to avoid delays, it continues to be our policy that all deliveries MUST be scheduled at least 24 hours in advance with Quad/Graphics' Inventory Department. As a carrier, you should call to make an appointment at which time you'll be provided with an appointment number. This appointment number must appear on the BOL. If you do not have an appointment, delivery will not be refused, but will be delayed until the receiving schedule permits an unscheduled delivery. *When calling please specify "Insert Receiving."*

Printer's address

Quad/Graphics, Inc.
56 Duplainville Road
Saratoga Springs, NY 12866
Attention: Receiving

Appointment phone number:

518-581-4182 (7am—5pm EST)
Insert Delivery: 7am—5pm EST

Issue Months	Job Number *	Proof & Stock Due at Psychology Today **	Insert Due at Quad/Graphics
Jan/Feb '18	B73M9H	11/10/17	11/29/17
Mar/Apr '18	B8083C	01/12/18	01/31/18
May/June '18	B8083D	03/09/18	03/28/18
Jul/Aug '18	B8083E	05/11/18	05/30/18
Sep/Oct '18	B8085L	07/13/18	08/01/18
Nov/Dec '18	B8085M	09/14/18	10/03/18

* JOB NUMBER **must** be clearly marked on all boxes of inserts sent to printer

**** Before printing, you must mail the 8.25" x 10.75" insert ad creative proof (labeled side A/front of insert) and two samples of the actual insert stock (labeled with the stock weight) for approval, to:**

Psychology Today/Production Department 115 East 23rd Street, 9th Floor New York, NY 10010

Questions

Ray Ramcharitar, Production Director • 212-260-7210 x208 • 212-260-7566 fax • ray@psychologytoday.com

ADVERTISING CONTACTS

EAST COAST

115 East 23rd Street
9th Floor
New York, NY 10010

Al Berman

Advertising Director/East & Midwest

telephone 516.766.2122

fax 516.766.2122

email aberman@psychologytoday.com

WEST COAST

Mary Beth Lee

Advertising Director/Southwest

P.O. Box 122

Topanga, CA 90290

telephone 310.455.7178

fax 310.455.7132

email marybeth@psychologytoday.com

Diana Sofko

Advertising Director/Northwest

P.O. Box 1182

Santa Monica, CA 90406

telephone 310.458.6557

fax 310.943.1404

email diana@psychologytoday.com

John Thomas

Vice President, Publisher

115 East 23rd Street

9th Floor

New York, NY 10010

telephone 646.763.6362

fax 212.260.7566

email johnthomas@psychologytoday.com