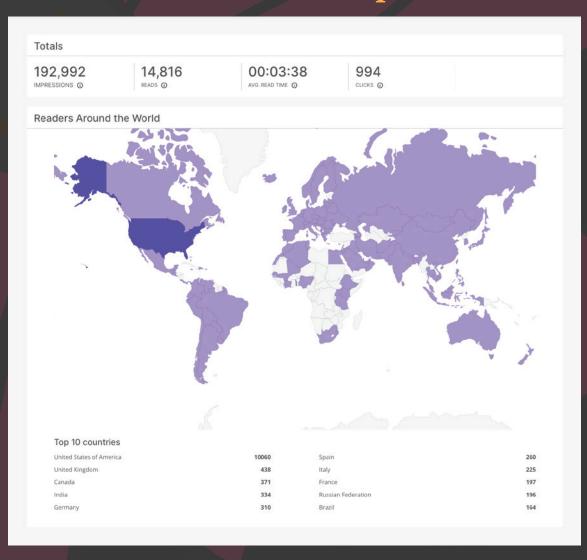


# MAGAZINE audience snapshot issuu.com as of 05.06.24



**distribution** Frequency: 4x/year
January, April, July, October

Online

issuu.com/BeneathYourBeautiful

Print-on-demand

blurb.com/user/BYBmag





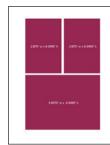


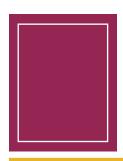


#### 2 PAGE SPREAD \$1499/issue

4x \$1299 / issue 17.25"w X 11.25"h Safe area: 16"w x 10"h, Spine: 1"

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## FULL PAGE \$999/issue

**4x** \$899 / issue 8.625" x 11.25" w/ bleed Safe area: 7.5" w x 10"h

## **1/8 PAGE** \$299 / issue

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## **1/4 PAGE** \$379 / issue

**4x** \$3**49** / issue 2.875"w X 4.3495"h

## **1/2 PAGE** \$519 / issue

**4x** \$489 / issue 5.9375"w X 4.3495"h



All ads can be designed by *Beneath Your Beautiful magazine*, at no cost. (VALUE up to \*500).

Hara Allison *Publisher, Designer* | 208.964.2787 | hara@BeneathYourBeautiful.org

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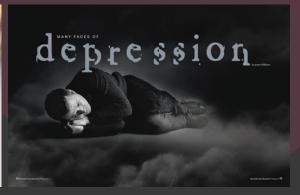




















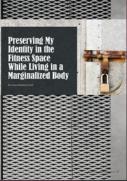
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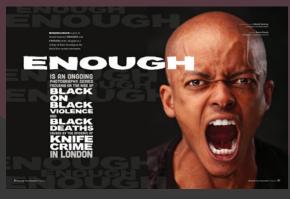




















# PODCAST audience snapshot buzzsprout.com as of 04.29.24



distribution Weekly, 52x/year

byb.li/BYBpodcast

## PODCAST kudos



Beneath Your Beautiful won first place in Self Help and Health & Wellness in the 2022 International Positive Change Podcast Awards and was a nominee in the 2023 Publisher Podcast Awards in Health & Wellbeing and in the 18th Annual People's Choice Podcast Awards in Health and has been shortlisted in the 2024 Publisher Podcast Awards in Health & Wellbeing!









## **PODCAST reviews**

Beneath Your Beautiful

#### **Customer Reviews**

42 Ratings

#### \*\*\*\*

thecourtneyelmer, 11/21/2023

#### Moving Podcast

This podcast is a powerful reminder of what it means to be anti-fragile. Hara helps you feel so acknowledged and supported throughout the ups and downs of your journey. Truly more

#### \*\*\*\*

Beneathmybeautiful, 11/17/2023

#### Stories through art!

love each podcast as it looks beyond trauma, beyond unfortunate circumstances and shines a light on perseverance, self-determination and how individuals blossom despite more

#### \*\*\*\*

MsTavie, 09/11/2023

Amazing stories. This podcast is awest and a comfortable space for women.

#### \*\*\*\*

ItsAMe30, 05/08/2023

#### What the world needs right now

Such great stories from many different people. A podcast you won't regret tuning into

#### \*\*\*\*

Jubeeju, 05/08/2023

Love hearing all the growth that happens from challenges!

#### \*\*\*\*

1fab629, 12/30/2022

I have listened to about 10 of Hara's podcasts do far and find them so compelling, so engaging, and, depending on the specific one, I learn something, feel something, or total more

## \*\*\*\*

The Nocturnal Therapist, 12/29/2022

Awesome podcast! This is a truly beautiful podcast and an authentic hosts. I am grateful for the opportunity to have encountered such a sincere nodcast

## \*\*\*\*

KayPee5, 09/07/2022

A place
A safe place to explore yourself and other

#### \*\*\*\*

ariatargaryan, 08/29/2022

#### Such a good listen!

Such a good listen: Hara provides a safe place to hear authentic, inspiring stories. Hara is so inspiring and exudes openness and kindness and love. Such a good podcast for your soul.

#### \*\*\*\*

Amanda Durocher, 08/29/2022

Great podcast, highly recommend Love this podcast, it's filled with so many interviews with such a diverse group of individuals, each episode is so unique. Hara is a great host. I especially enjoyed the episode

#### \*\*\*\*

OrganizerJanet, 08/29/2022

Thank you for this it so needed especially when we focus so much on social media instead of knowing we are enough

## \*\*\*\*

ent, 08/29/2022

#### Beautiful Podcast!

sharing this with the world!

#### \*\*\*\*

AndreaWilWoods, 08/29/2022

Hara's podcast about seeing beneath your beautiful is lovely and she interviews many guests from all walks of life. The Terry Tucker episode is one of my favorites!

## \*\*\*\*

## Hara features fascinating guests with powerful stories to share. These men and women are inspiring, the stories often painful. Yet they've persevered. You can't help b. more

#### \*\*\*\*

Amazing stories of strong women! I especially enjoyed the Heather Vickery episode, and Hara's voice is so beautiful. Thank you for making this!

#### \*\*\*\*

Stephanie Keith, 06/06/2022

#### Great podcast!

This podcast is so inspiring and really eye opening to see different viewpoints and perspectives. Well done!

#### \*\*\*\*

Barbara Steve, 06/06/2022

So inspiring to listen to and learn about other journey's of her guests. It really helped me see how much I have grown and felt connected to your guest. Bri

#### \*\*\*\*

Maya Acosta- Health Lifestyle, 06/06/2022

#### Heart Felt Stories

A powerful podcast about real people overcoming adversities. One episode about a Mexican woman who was a victim of childhood sexual abuse was difficult to ii more

## \*\*\*\*

## A must listen!!!

This is the dopest podcast on the MF planet!!

## \*\*\*\*

Engaging and Informative Hera Allison takes great care and crafting her podcast. She said to perfect tone with visuals to advertise, and also the music which accompanies each episode. She is an

## \*\*\*\*

Hara delves into subjects that mean something. She doesn't shy away from asking important questions in a respectful manner. Hearing stories of hardship transformed more

## \*\*\*\*

Maspring, 06/11/2021

## Powerful Conversations

Real, raw conversations that hit home! We all at some point struggle to see our full beauty, or the Divine potential within. Hara has a gift of pulling out the stories that inspire you most

#### \*\*\*\*

MAnderson-23, 03/28/2021

Enjoying the conversations, keep up the good

#### \*\*\*\*

These two women were so open and natural while chatting. Hoved the honesty which made me feel like I wanted to join in and share my feelings too.

\*\*\*\* GmaBerky, 03/24/2021

#### Beautiful conversation

I enjoyed every minute of this conversation. Such wonderful thoughts. Thank you for sharing.

Imsonotkidding, 03/21/2021

I love how Hara gives her guests space to share what is important to them in an accepting and loving way.



promoted on these social networks

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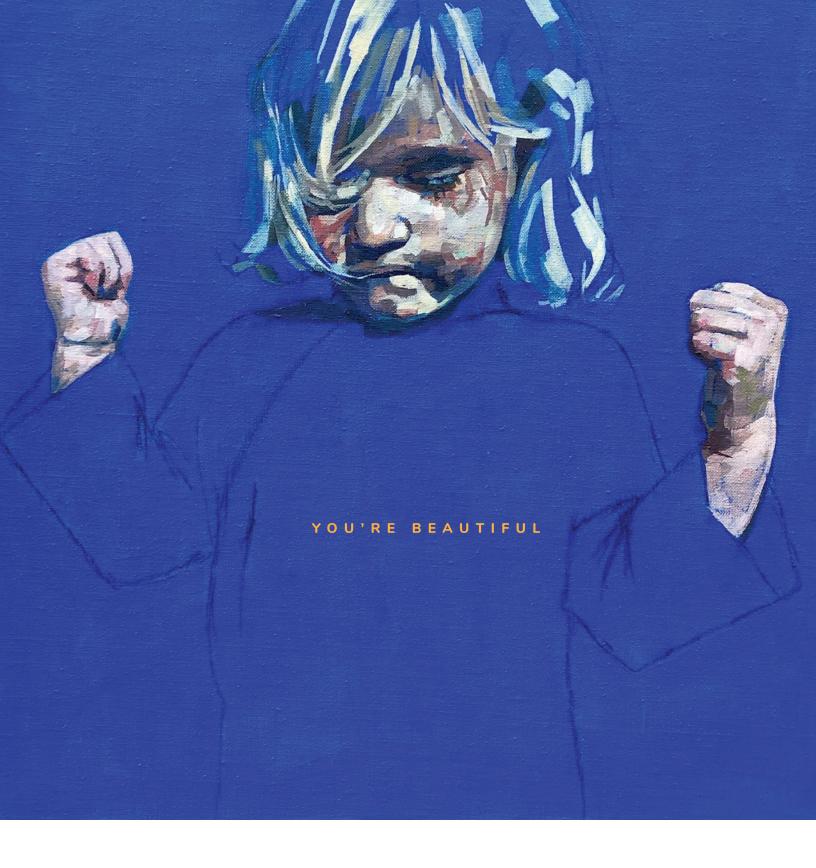
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