

thrive*

Bloggers - It's your time to Thrive

We're looking for great guest bloggers to write for us. We are interested in three types of articles; your knowledge about a specific health, nutrition or foodie topic or your own personal story/journey in health or a great clean eating recipe post.

Option 1

If you're an avocado fan like me or obsessed with superfoods or you know everything there is to know about chia seeds. Then we want to share your message with our audience. Check the submission guidelines below and send your proposed article to: bloggers@thrivepublishing.co.uk All articles will be credited fully with your website and social media links and may even get into our printed copy of [THRIVE MAGAZINE](#)

Option 2

Have you ever thought 'I should write a book' then now's your time to start sharing your story with our readers and community of Thrivers. We'd love to hear about your journey back to health, or your move from corporate world to food blogger. Tell us what and who inspired you to change. Tell us the struggles you still have. We want knobbly warts and all. Our readers need to hear your story.

Remember by sharing your journey you are helping someone else to begin theirs.

Option 3

Our readers and subscribers are suckers for a delicious clean eating/natural recipe or two. So please send you recipe details (ingredients and How to Make) along with 2 high resolution photos (300DPI) to bloggers@thrivepublishing.co.uk All recipes will be credited fully with your website and social media links.

Submission Guidelines

1. Please keep all articles around 500-600 words. All articles will be subject to final editing by the Thrive Editorial team.
2. Submit your article in a Microsoft Word document to:
bloggers@thrivepublishing.co.uk
3. If you have a link(s) or photo(s) that would complement your article, please include them in the Word document (for reference). Please also submit the photos separately. All images must be 300DPI or large enough for print production, please include any credit for the images if needed. All images must be your own or copyright permission confirmed.

4. Articles need to bring value to our audience and article titles should be interesting and specific. Thrive editorial team may choose a different title that works better for our readers if necessary.

5. If applicable, please include a sub-headline and sub-headings or bullet points in the article to break up the text and make it easier to digest for our readers.

6. Online production. All articles featured in Thrive Magazine also go onto the Thrive website and will include a bio and links back to your own website. So please include these within your article.

7. Keep in mind we categorise our content into sections, and will tag each article to fit one of these broad categories: health, food, wellbeing, meditation, prosperity, and healthy recipes.

8. Feel free to plug your book, course, or other workshop or product in a natural way in the article, but refrain from sounding overly promotional or sales biased.

9. The goal is for your article to be helpful, informative and positive in it's intent. Our readers also love recipes and if you include a recipe please note if it is RAW/VEGAN/VEGETARIAN etc for quick reference.

10. Finish your article with your BIO:

Name:

My Bio: [a short 50 word bio about you]

URL of Blog or Website:

Twitter:

Facebook:

Instagram:

Pinterest:

Our focus is on the positive and all articles will need to be helpful and informative in the chosen topic. Tips and hints work well with our readers and any practices that they can adopt to improve their wellbeing or diet are perfect additions to the main article.