

Top Blogs

The following are high-traffic blogs in the same or similar niche. Gain more visitors by reading and then commenting on the blogs.

Stress Management

Stress Management is a smaller niche blog that is directly relevant to the niche this product is aimed at. They post semi-regularly and gain quite a bit of traffic through search engines. This would be a great place to advertise to people who have searched for terms such as “stress management”.

<http://www.stressmanagementblog.com/>

Strictly Stress Management

This blog is similar to the first, a niche blog that posts on a bi-monthly basis at least. They seem to receive a decent amount of traffic and don't have too many comments on their posts, increasing your chances of being noticed by the readers.

<http://www.strictly-stress-management.com/stress-management-blog.html>

PsychCentral

PsychCentral is an authority in the psych industry and is a go to for high quality information. They have a large following and receive lots of traffic from search engines and through social media.

<http://psychcentral.com/blog/archives/2011/07/11/10-practical-ways-to-handle-stress/>

thePositivityBlog

This blog is a great resource for the niche and has a large social following that you can market to if you're smart! A good portion of their articles relate to self-improvement, and the readers are likely to have an interest in your product.

<http://www.positivityblog.com/index.php/2014/03/12/how-to-deal-with-stress/>

Huffington Post

Everybody knows the Huffington Post, right? They actually have a category specifically for stress management and it has plenty of posts in! The great thing about HP is that they rank very high in Google so your comments are likely to be seen by many people.

<http://www.huffingtonpost.com/news/stress-management/>

IQ Matrix

IQ Matrix is a website focusing on improving your mind and becoming a better version of yourself.

<http://blog.iqmatrix.com/manage-your-stress>

Mayo Clinic

Mayo Clinic is a large health website and has many articles and resources related to stress and mental health. The sorts of people who suffer with mental health issues are likely the people who would also benefit from learning some stress management techniques.

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

Robertson Cooper

Robertson Cooper is a website about mental health and happiness. This following link is to an article they have about stress management. These websites readers are looking for ways to improve their life so you should emphasize the benefits of reducing stress and managing it better.

<http://www.robertsoncooper.com/blog/entry/the-top-ten-stress-management-techniques>

Dr Hyman

Mark Hyman is a doctor who writes about different health related topics. The articles are generally engrained deeply with scientific research, so the readers are more likely to be coerced to buy the product if you inform them about the science of stress.

<http://drhyman.com/blog/2013/04/26/five-ways-to-never-be-stressed-again/>