

## General Guidelines for Guest Posts

**Posts are for exposure only.** Posting on sarateller.com is a great way to increase your audience base and add to your portfolio. By submitting, you are also consenting to have your content shared on a variety of social media platforms managed by sarateller.com in addition to the primary site. Of course, you can share your content as you wish. No writing experience necessary, although sarateller.com reserves the right to deny any submission. Posts are for exposure only and are unpaid.

**Article length.** Submissions should be between 500-1500 words. Please include a keyword list at the bottom along with a 100-character meta description.

**Topics.** Narcissism, Narcissistic Personality Disorder, The Dark Triad, Narcissistic Abuse, Post-traumatic Stress Disorder, Abuse Recovery and Healing, Substance Abuse Recovery and Healing, Energy Healing, Mindfulness, Heartfulness, and many other related options. You may submit a post on a wide variety of subjects as long as you can tie the content in with the purpose of the site. Please inquire first if you are hoping to submit a topic not listed above.

**How to Submit.** Email your article, a brief bio, a headshot, your preferred byline, and any other relevant information or instructions to [sara@sarateller.com](mailto:sara@sarateller.com). You will receive a response within 5-7 business days and your post will be uploaded in the order it was received. You will be given a date so you know when it will be available.

\*No third-party content accepted. All submissions should be original to the guest poster.

**Questions.** All comments or questions about guest posting should be sent to [sara@sarateller.com](mailto:sara@sarateller.com).

Thank you for your interest!

