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FOR IMMEDIATE RELEASE

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## **Psychologist and Book Author Dr. Ana Nogales launches her signature magazine *Doctora Ana, Salud, Psicología & Vida***

Santa Ana, CA- Renowned psychologist and book author Dr. Ana Nogales announces today the launch of her new signature magazine *Doctora Ana, Salud, Psicología & Vida*. The magazine will be available free of cost through online registration and will support [Casa de la Familia](#), a non-profit organization based in Santa Ana, CA that provides services to underserved, underrepresented individuals who have suffered a psychological trauma. *Doctora Ana, Salud, Psicología y Vida* will be available as a digital issue in phase 1 and as a print issue in phase 2 when it hits newsstands and physicians' waiting rooms by the end of 2011.

"My magazine fills a void in the Hispanic community by providing much-needed information and resources so that families can improve their lifestyle," said Dr. Nogales during a press conference held at Casa de la Familia, a non-profit organization that will receive donations from the advertising sales of the new magazine. The editorial content focuses on the topics of wellness and psychology.

The Spanish-language digital magazine has a 'click here' option to redirect bilingual readers to the English version of the articles which are housed in the magazine's blog.

"My goal is for the print edition to be available at physicians' waiting rooms and for the blog to serve as a catalyst for change in our community," added Dr. Nogales about the blog, where bilingual editorial content is available. Bloggers that are experts in the fields of health, psychology and wellness will contribute with content in English and Spanish.

The first issue shows Dr. Nogales on the cover and features a special 3-part series on human trafficking, a topic very close to her heart. Under the supervision of Dr. Nogales, Casa de la Familia provides through their many services support to victims of human trafficking. Future issues will continue to raise awareness on social causes, as well as post photos of missing women believed to be victims of this crime.

Permanent editorial sections include: Science News; Hollywood Profiles; Spirituality; Love and Relationships; Recovery from addictions; Family and Children; Wellness, and more.

The 42-page demo issue is available at <http://ht.ly/3VkRS>. The bilingual magazine blog is available at <http://DoctoraAna.net/blogs>. To find out more about the award-winning psychologist and book author, please visit her website at [www.ananogales.com](http://www.ananogales.com). For advertising inquiries please email [info@DoctoraAna.net](mailto:info@DoctoraAna.net).

### **About Doctora Ana, Salud, Psicología & Vida**

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The mission of *Doctora Ana, Salud, Psicología & Vida* is to offer bilingual information via a multimedia experience including print, digital mobile and a blog, to enrich, engage and entertain the Hispanic families with topics of health, lifestyle, wellness, and psychology.