

MEREDITH'S "THE SONOMA DIET" BOOK SELECTED TO THE NEW YORK TIMES BESTSELLER LIST

NEW YORK, NY (January 30, 2006) - "The Sonoma Diet" by Dr. Connie Guttersen, Ph.D., has made The New York Times bestseller list, a first for a Meredith Corporation (NYSE:MDP) health and fitness title.

The book, launched less than a month ago, finished among the top ten in the "Advice and How to" category. "The Sonoma Diet" has also reached high rankings on other noteworthy lists including Publishers Weekly, USA Today and The Wall Street Journal.

"We are thrilled that consumers are embracing the healthy lifestyle and nutritious way of eating that is at the core of "The Sonoma Diet,"" says Doug Guendel, Vice President, General Manager, Meredith Books. "To have achieved this recognition so quickly is a testament to the book's strong appeal across a broad range of readers who want to improve the health of themselves and their families."

Meredith Books launched "The Sonoma Diet" with author appearances on national television programs such as CBS "The Early Show," CNN Weekend, E! News Live and "Fox and Friends," and received coverage in top national print outlets such as Time magazine and USA Today.

"The Sonoma Diet" is also being supported by the Meredith Publishing Group through its broad range of leading women's titles including Better Homes and Gardens, Fitness, Ladies' Home Journal, American Baby and More. Additionally, the Meredith Broadcasting Group, which includes 14 stations reaching 10 percent of all U.S. households, has featured the book on multiple levels. In addition, Meredith Books, in conjunction with Waterfront Media, has launched sonomadiet.com, a subscription-based web site featuring an active, online community of fellow Sonoma dieters who receive daily advice designed to keep them motivated and recipes to create delicious meals every day of the week.

About Meredith Corporation

Meredith (www.meredith.com) is one of the nation's leading media and marketing companies with businesses centering on magazine and book publishing, television broadcasting, integrated marketing and interactive media. The Meredith Publishing Group features 25 subscription magazines - including Better Homes and Gardens, Family Circle, Ladies' Home Journal, Parents, Child, Fitness, and American Baby - and approximately 150 special interest publications. Meredith owns 14 television stations, including properties in top-25 markets such as Atlanta, Phoenix and Portland, and an AM radio station.

Meredith has approximately 350 books in print and has established marketing relationships with some of America's leading companies including The Home Depot, DIRECTV, DaimlerChrysler, Wal-Mart and Carnival Cruise Lines. Meredith's consumer database, which contains more than 85 million names, is one of the largest domestic databases among media companies and enables magazine and television advertisers to target marketing campaigns precisely. Additionally, Meredith has an extensive Internet presence that includes 32 Web sites and strategic alliances with leading Internet destinations. Meredith Hispanic Ventures publishes five Spanish-language titles, making Meredith the largest Hispanic publisher in the United States reaching women at every life stage. The Family Circle Cup, America's premier women's professional tennis tournament - owned and operated by Meredith, is held every April in Charleston, South Carolina and has for over three decades continued to showcase the best in women's tennis.

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