

Recording Your Own Audiobook

DOs:

✓ Invest in a Good Microphone

A USB or XLR condenser microphone (like the Audio-Technica AT2020 or Rode NT1) will improve sound quality significantly. Avoid built-in laptop mics.

✓ Use a Pop Filter

A pop filter reduces harsh plosive sounds (like "p" and "b" sounds) and improves clarity.

✓ Record in a Quiet, Sound-Treated Space

Minimize background noise by recording in a closet, using foam panels, or adding blankets to absorb sound.

✓ Maintain a Consistent Pace and Tone

Read at a steady pace, with natural inflection and energy. Too fast feels rushed; too slow feels monotonous.

✓ Warm Up Your Voice

Drink warm water, do vocal exercises, and avoid dairy or caffeine before recording to prevent mouth noises.

✓ Use Proper Breath Control

Take natural breaths at punctuation points to avoid gasping or awkward stops.

✓ Record in Small Sections

This reduces fatigue and makes retakes easier. It also helps maintain a consistent voice throughout the book.

✓ Edit & Master the Audio

Use software like Audacity, Adobe Audition, or GarageBand to clean up mistakes, adjust volume levels, and reduce noise.

✓ Follow ACX or Audible Guidelines

If publishing on platforms like Audible, ensure your audio meets their specifications (e.g., -23dB to -18dB RMS levels, no background noise, and proper file formatting).

✓ Listen to Your Recording Critically

Play back your narration using headphones to catch errors or inconsistencies in pacing, tone, or pronunciation.

🚫 DON'Ts:

✗ Don't Read in a Monotone Voice

Engage your listener with natural expressiveness. Imagine you're telling a story to a friend.

✗ Don't Sit Too Close or Too Far from the Mic

Too close = harsh, distorted sounds. Too far = weak, distant audio. Stay about 6-12 inches away.

✗ Don't Ignore Room Acoustics

A large, empty room creates echoes. Record in a space with soft furniture, carpets, or blankets to absorb sound.

✗ Don't Overuse Effects or Filters

Excessive noise reduction or reverb can make the recording sound unnatural. Keep it clean and balanced.

✗ Don't Skip Proofreading While Recording

Read ahead to avoid stumbling over words. Mark tricky sections beforehand.

✗ Don't Try to Record Everything in One Take

Fatigue will affect your voice and pronunciation. Take breaks to maintain vocal consistency.

✗ Don't Forget to Save and Back Up Your Files

Save multiple copies in case of accidental deletion or corruption.

✗ Don't Eat or Drink Noisy Foods Before Recording

Crunchy snacks or carbonated drinks can create unwanted mouth noises. Stick to water or herbal tea.

Following these tips will help you create a **professional-sounding** audiobook while keeping the process smooth and enjoyable.

You need to record the various sections of your book and send it to us as individual files which you can upload to a Google Drive folder to more easily share it with our support team. These are the different elements that you need to include when recording your audiobook:

ACX (the **Audiobook Creation Exchange**, used for Audible, Amazon, and iTunes) requires your audiobook files to be uploaded in a **specific order** to meet their submission guidelines. Here's the correct **ACX file order**:

1 Opening Credits (Required)

 This should be a separate file and include:

✓ "[Book Title], written by [Author Name], narrated by [Your Name]"

- ◆ Example: *"The Power of Mindset, written by Jane Doe, narrated by John Smith."*
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2 Introduction, Foreword, or Preface (If Applicable)

 If your book has a **preface, introduction, or foreword**, it should be in its own file.

- ◆ If there's a foreword written by someone else, make sure you have permission to include it.
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3 Main Content (Chapters)


 Each chapter must be in a **separate audio file**, clearly labeled in numerical order.

✓ Example filenames:

- ◆ *01_Chapter_One.mp3*
- ◆ *02_Chapter_Two.mp3*
- ◆ *03_Chapter_Three.mp3*

- ◆ If a chapter has sections, you can include a slight pause between them or create sub-files (e.g., *02_Chapter_Two_Part1.mp3*).
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4 Footnotes, References, or Bonus Content (If Applicable)

 If your book includes **appendices, citations, or bonus material**, ACX allows them but does not require them.

- ◆ You can either:
 - ✓ Integrate them naturally in the main narration,
 - ✓ Or provide a **companion PDF** instead of reading them aloud.
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5 Closing Credits (Required)


 The **final track** must contain:

✓ “This has been [Book Title], written by [Author Name], narrated by [Your Name]. Copyright [Year] by [Author/Publisher Name]. Production copyright [Year] by [Author/Publisher Name]. The End”

◆ Example:

"This has been The Power of Mindset, written by Jane Doe, narrated by John Smith. Copyright 2025 by Jane Doe. Production copyright 2025 by Jane Doe."

6 Retail Sample (Required)

 This is a short **1-5 minute sample** of your book for potential buyers to preview.

✓ Choose a section that's **engaging but not a major spoiler** (often from the introduction or early chapters).

✓ This file **must be separate** from the audiobook chapters.

Important ACX Technical Requirements

- ◆ Each file must start and end with 0.5 - 1 second of room silence
 - ◆ No extreme noise reduction or excessive processing
 - ◆ Each file must be in MP3 format, 192 kbps, 44.1 kHz
 - ◆ Volume must be between -23dB and -18dB RMS
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Final ACX File Order Checklist

- ✓ Opening Credits
- ✓ Introduction/Foreword (if applicable)
- ✓ Chapters in numerical order
- ✓ Bonus/appendix content (if included)
- ✓ Closing Credits
- ✓ Retail Sample