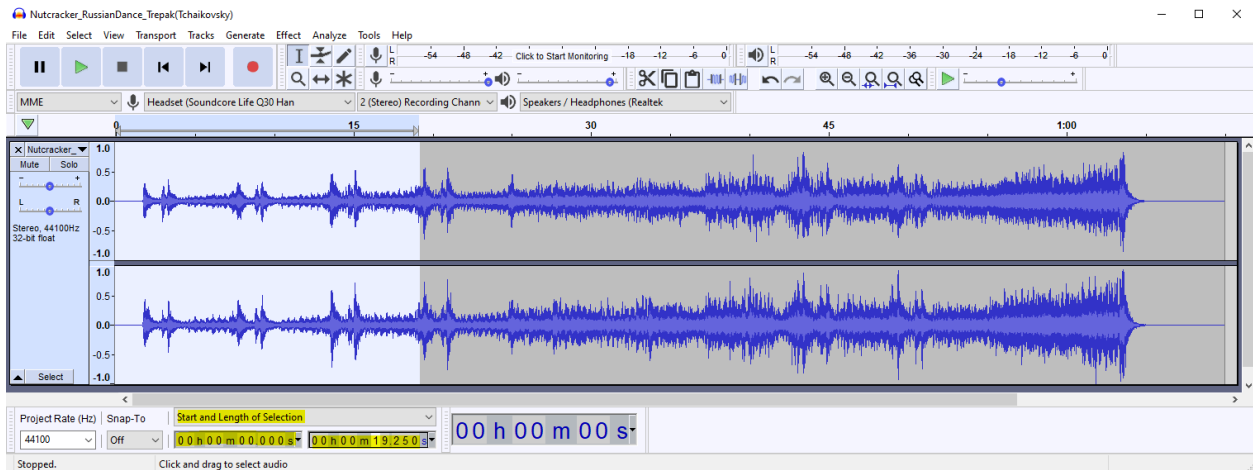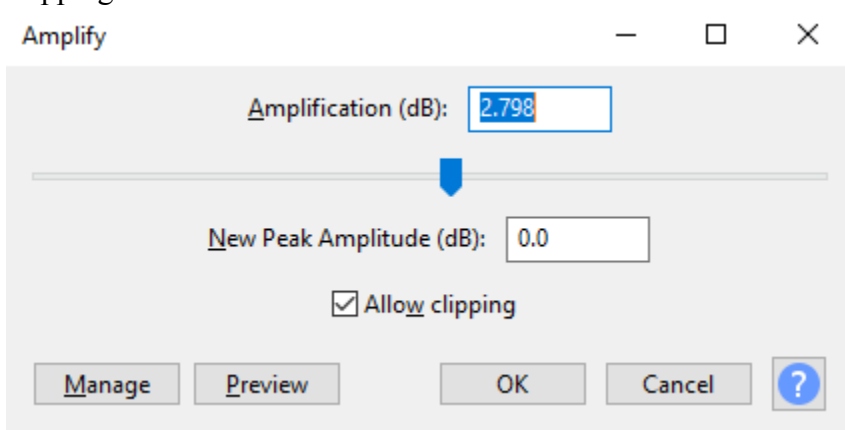Normalize the audio with Audacity:
1) Open the MP3 with Audacity (free software).
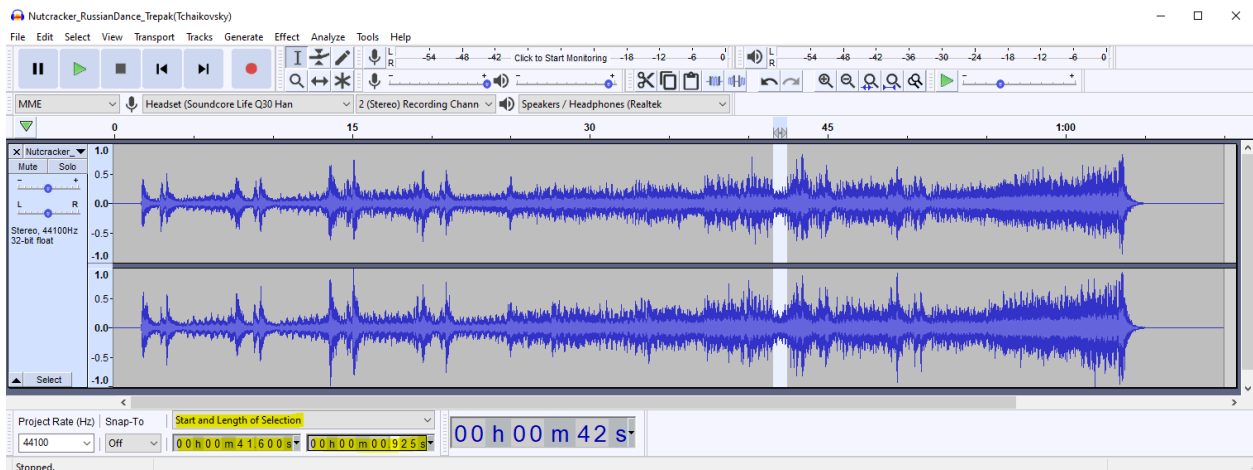2) Select start time of 0 seconds, duration of 19.250 seconds (shown below)

3) Select from top menu: Effect -> Amplify
4) Set Amplification (dB) to 2.798 and New Peak Amplitude (dB) to 0, click 'OK', check 'Allow Clipping'
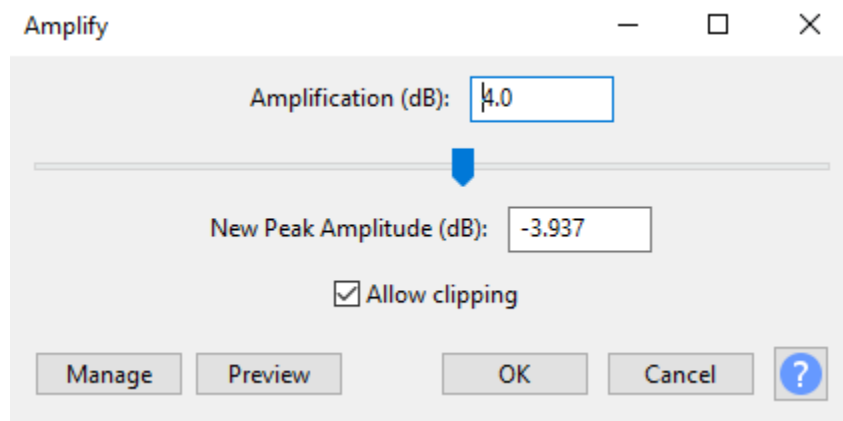

5) Select start time of 41.6 seconds, duration of 0.925 seconds (shown below)
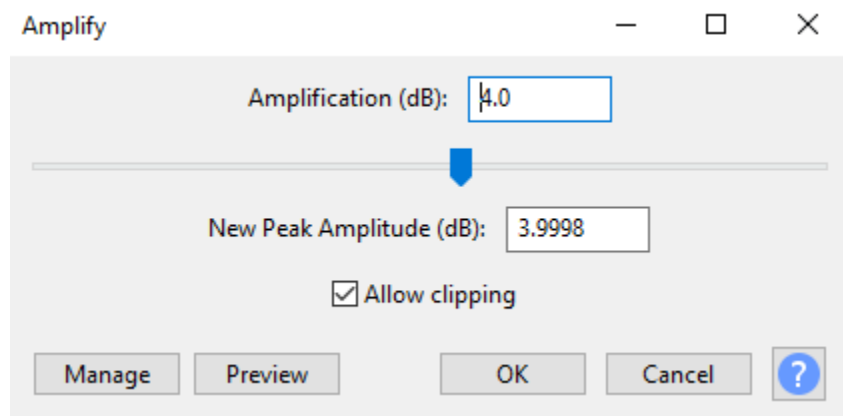

6) Select from top menu: Effect -> Amplify

7) Set Amplification (dB) to 4 and New Peak Amplitude (dB) to -3.937, click 'OK', check 'Allow Clipping'

Amplify — □ ✕

Amplification (dB): 4.0

New Peak Amplitude (dB): -3.937

☑ Allow clipping

Manage Preview OK Cancel ?

8) Select from top menu: Select -> All
9) Select from top menu: Effect -> Amplify
10) Set Amplification (dB) to 4 and New Peak Amplitude (dB) to 3.9998, click 'OK', check 'Allow Clipping'

Amplify — □ ✕

Amplification (dB): 4.0

New Peak Amplitude (dB): 3.9998

☑ Allow clipping

Manage Preview OK Cancel ?

11) Select from top menu File -> Export -> Export as MP3