

TOPIC & POC
Thursday!
February 13, 2025

● 2025



FYI

PREREQUISITE
for today's call

Watched:
Module 2 | Choosing a Topic



2 | Choosing a Topic



The Journey to Six Figures

Resources: Download slides here Pubby Review Method
Lesson Timestamps: 00:00 - Intro00:19 - W...



The Core 4 Pieces Of A Successful Book

Resources: Download the slides here Access the Spanish
version of this lesson here Timestamps: ...



Choosing a Book Topic

1. Topic Research 101 2. Essential Research Tools 3.
Coming Up With Book Topic Ideas 4. Using Pub...



Business Fundamentals

1. Setting Up Your Publishing Accounts 2. Personal Finance
101 (How Not To Be Broke) 3. Accountin...



Action Items

Congratulations on completing Module 2! Below is a
checklist for all the actions and tasks you ne...

Q&A TIME

First, we will go through a run down of Topic Research and POC, and then we we answer all questions submitted prior to today's call through the form in the AIA dashboard (Top 20).

Average length: **45 - 60 mins.**

Live Calls

Tuesday 4-6PM EST

Wednesday 12-2PM EST

Thursday 3-5PM EST

Friday 12-2PM EST

Sunday 12-2PM EST

Q&A

AUDIOBOOK
IMPACT ACADEMY

Live Weekly Q&A Calls

Got a question you'd like us to answer on the next Q&A call? [Ask it Here](#)

[Click Here to Register](#)



ULTIMATE BOOK
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For only
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**We Have A New Book
Formatting Partner**

SPECIAL SEGMENTS

Special Segment!

Today's Q&A is on:

- Finding a book topic
- Establishing Proof of Concept for your book topic

***General questions will resume on the next Q&A**



OPEN Q&A

Submit your Topic or Proof of Concept questions live on the call in the Zoom Q&A field. We will pick and choose the best questions to answer.



The logo consists of the letters 'FYI' in a bold, white, sans-serif font, centered on a blue rectangular background that has a slightly distressed or torn-edge appearance.

There are many students on this call, all at different points in their publishing journey. We receive many questions and do our best to choose the ones that are applicable and helpful to the majority of attendees on this call.

We would rather spend more time going deep into a good question rather than rushing from one question to the next. Therefore, we will pick and choose the best questions.

F.A.Q.

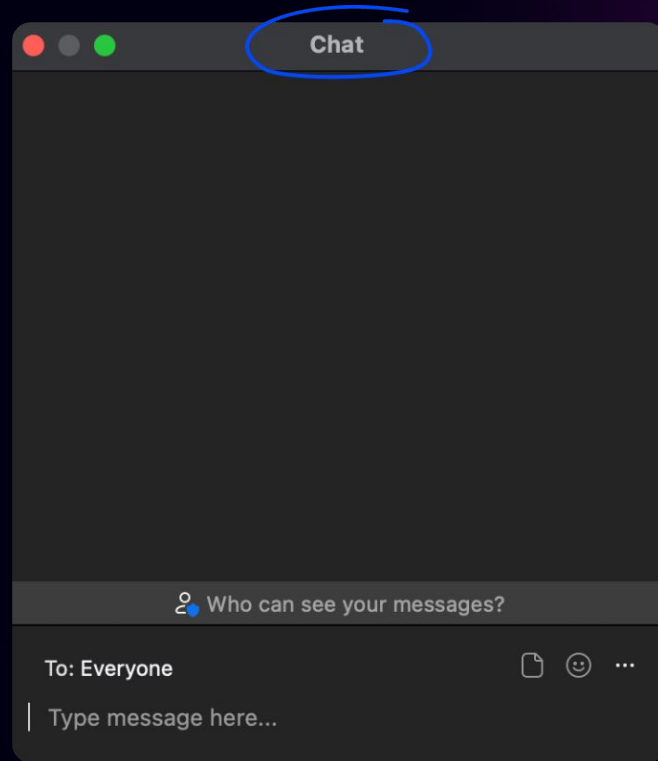
Visit our Help Center at help.publishing.com

- Account related (resetting password, Facebook group, etc.)
- KDSpy, incognito, Chrome etc.
- 7 Day Profit Challenge
- Pen names

In the Help Center, you will find clear answers (with videos) to all of these questions, so we will likely skip all questions related to these topics.



Change your chat
settings to "Everyone"



PUBLISHING.AI NOW OPEN TO EVERYONE

What Can Publishing.ai Offer You?

Access the platform and enjoy features like:

- Book topic ideas
- Customer research
- Book outlines
- Book descriptions

...and even generating a 30,000-word manuscript



Check your email inbox for more info or contact support

LET'S BEGIN!

Topic Research

1. How To Find A Topic
2. Finding Proof Of Concept (POC)
3. Q&A



How To Find A Topic



What IS a Book Topic?

A good book topic:

Solves a specific problem, solved in a specific way for a specific group of people

- Clearly state what the book is actually about
- Terms people are searching on Amazon
- Specific (not vague)

Good book topic = *usually between 2 - 6 words*



What IS a Book Topic?

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How to read music	Beekeeping for beginners
Food truck business	At home workouts
Public speaking for beginners	Gut health
Off grid living	Decluttering your home
Rental property investing	Budgeting for college students
Meditation for entrepreneurs	Leadership for women
Social media marketing	Cognitive behavioral therapy
How to small talk	Chess for kids

What ISN'T a Book Topic?

- Book titles
- Niches
- Sub-niches
- Vague terms
- Famous authors

Ask yourself - Are people searching for these terms regularly on Amazon?



What ISN'T a Book Topic?

- Book titles
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Self help	Atomic Habits
Exercise	Think and Grow Rich
Diet	Money secrets
Music	Tony Robbins
Outdoors	Money magic
Love	Weight loss magic
Why anxiety sucks	For women
I can't lose weight	Math

BONUS

TOP 100 BOOK TOPICS

 **AUDIOBOOK**
INCOME ACADEMY

Note: "For Dummies" is Copyrighted, so you will be using this term just to get

IDEAS!





Deliver to Beverly H... 90210

Books

FOR DUMMIES



EN

Hello, sign in Account & Lists

Returns & Orders



All Medical Care Groceries Best Sellers Amazon Basics Today's Deals New Releases Prime Registry Customer Service Music Books Pharmacy Amazon Home Fashion Gift Cards

Books Kindle Rewards Advanced Search New Releases Best Sellers & More Amazon Book Clubs Children's Books Textbooks Textbook Rentals Best Books of the Month Best Books of 2023 Your Company Bookshelf

1-24 of over 50,000 results for "FOR DUMMIES"

Sort by: Featured

<p>Accounting All-in-One For Dummies 9 Books Included</p>	<p>Bookkeeping All-in-One For Dummies 5 Books Included</p>	<p>Real Estate Investing For Dummies</p>	<p>Diversity, Equity & Inclusion For Dummies</p>	<p>Statistics For Dummies (For Dummies) (Lifestyle)</p>
<p>Accounting All-in-One For Dummies (+ Videos and Quizzes Online) (For Dummies) (Business & Personal Finance) by Michael Taillard, Joseph Krajnyak, et al. ★ ★ ★ ★ ☆ - 74 Paperback \$28.99 List: \$34.99 -prime FREE delivery Wed, May 24 Or fastest delivery Sat, May 20 More Buying Choices \$21.44 (51 used & new offers) Other format: Kindle</p>	<p>Bookkeeping All-in-One For Dummies by Lisa Epstein and John A. Tracy ★ ★ ★ ★ ☆ - 656 Paperback \$20.99 List: \$29.99 -prime FREE delivery Wed, May 24 on \$25 of items shipped by Amazon Or fastest delivery Sat, May 20 More Buying Choices \$14.98 (36 used & new offers) Other format: Kindle</p>	<p>Real Estate Investing For Dummies, 4th Edition by Eric Tyson MBA, Robert S. Griswold MBA MSBA CFE, et al. ★ ★ ★ ★ ☆ - 747 Audiobook \$49.99 List: \$49.99 Free with Audible trial Available instantly Other formats: Paperback, Kindle, Audio CD</p>	<p>Diversity, Equity & Inclusion For Dummies by Dr. Shirley Davis ★ ★ ★ ★ ☆ - 142 Paperback \$29.99 List: \$34.99 -prime FREE delivery Wed, May 24 Or fastest delivery Tomorrow, May 19 More Buying Choices \$18.69 (159 used & new offers) Other format: Kindle</p>	<p>Statistics For Dummies (For Dummies) (Lifestyle) by Deborah J.J. Rumay ★ ★ ★ ★ ☆ - 1,865 Paperback \$11.99 List: \$19.99 -prime FREE delivery Wed, May 24 on \$25 of items shipped by Amazon Or fastest delivery Sat, May 20 More Buying Choices \$2.62 (88 used & new offers) Other format: eTextbook</p>
<p>Personal Finance For Dummies</p>	<p>Windows 10 For Seniors For Dummies (Computer/Tech)</p>	<p>Options Trading For Dummies</p>	<p>Technical Analysis For Dummies</p>	<p>Sewing For Dummies</p>
<p>Personal Finance For Dummies by Eric Tyson ★ ★ ★ ★ ☆ - 1,217 Paperback \$13.99 List: \$24.99 -prime FREE delivery Wed, May 24 on \$25 of items shipped by Amazon Or fastest delivery Sat, May 20 More Buying Choices \$7.73 (76 used & new offers) Other formats: Audible Audiobook, Kindle, Audio CD</p>	<p>Windows 10 For Seniors For Dummies (Computer/Tech) by Peter Wroblewski ★ ★ ★ ★ ☆ - 917 Paperback \$15.99 List: \$24.99 -prime FREE delivery Wed, May 24 on \$25 of items shipped by Amazon Or fastest delivery Tomorrow, May 19 More Buying Choices \$3.96 (54 used & new offers) Other format: Kindle</p>	<p>Options Trading For Dummies by Joe Duarte ★ ★ ★ ★ ☆ - 285 Paperback \$19.99 List: \$29.99 -prime FREE delivery Wed, May 24 on \$25 of items shipped by Amazon Or fastest delivery Sat, May 20 More Buying Choices \$15.69 (165 used & new offers) Other formats: Audible Audiobook, Kindle, Audio CD</p>	<p>Technical Analysis For Dummies by Barbara Rockefeller ★ ★ ★ ★ ☆ - 952 Paperback \$17.99 List: \$29.99 -prime FREE delivery Wed, May 24 on \$25 of items shipped by Amazon Or fastest delivery Tomorrow, May 19 More Buying Choices \$9.98 (159 used & new offers) Other format: Kindle</p>	<p>Sewing For Dummies by Jan Saunders Marech ★ ★ ★ ★ ☆ - 1,292 Paperback \$10.99 List: \$19.99 -prime FREE delivery Wed, May 24 on \$25 of items shipped by Amazon Or fastest delivery Sat, May 20 More Buying Choices \$5.22 (17 used & new offers) Other format: Kindle</p>

FOR DUMMIES - "INVESTING"

Chat Gpt Prompt



What are the books available on Amazon under "Investing" - I want you to sub-niche

1. **Stock Market Investing:** Books focusing on stock market basics, strategies, and analysis.
2. **Real Estate Investing:** Guides on investing in real estate, including rental properties, flipping houses, and REITs.
3. **Value Investing:** Books that emphasize buying undervalued stocks for long-term growth, inspired by investors like Warren Buffett.
4. **Growth Investing:** Focuses on companies with potential for substantial future growth regardless of current stock price.
5. **Index Fund and ETF Investing:** Guides on investing in index funds and ETFs for diversified, long-term portfolios.
6. **Cryptocurrency Investing:** Books about investing in digital currencies and blockchain technology.



**CHECK
THESE
TOPICS
FOR POC**

Brainstorm With ChatGPT



**Is "Exercise" a
good book topic?**

Too Broad -
We don't know what
it's about or who it's for

**Using ChatGPT, we
can break it down**

1. **Cardio Workouts**

- High-intensity interval training (HIIT)
- Running and jogging routines
- Swimming workouts
- Cycling routines
- Aerobics exercises

2. **Strength Training**

- Weightlifting exercises
- Bodyweight exercises
- Resistance band workouts
- Kettlebell workouts
- Plyometric training

3. **Yoga and Flexibility**

- Hatha yoga
- Vinyasa yoga
- Yin yoga
- Flexibility exercises
- Pilates routines

4. **Mind-Body Wellness**

- Tai chi
- Qigong
- Meditation and mindfulness exercises
- Breathing exercises
- Relaxation techniques

- **Prompt:** Can you create a list of exercise topics that can be found in books on Amazon

5. **Sports Specific Training**

- Golf exercises
- Tennis workouts
- Soccer training routines
- Basketball drills
- Baseball conditioning

6. **Rehabilitation Exercises**

- Physical therapy exercises
- Stretching for injury prevention
- Exercises for back pain
- Post-surgery recovery exercises
- Balance and stability training

7. **Dance Workouts**

- Zumba routines
- Ballet workouts
- Hip-hop dance routines
- Belly dance workouts
- Dance aerobics

8. **Nutrition and Wellness**

- Nutritional guidelines for athletes
- Wellness and self-care routines
- Holistic health approaches
- Healthy eating and meal planning
- Supplements for athletic performance

9. **Martial Arts Training**

- Karate techniques
- Taekwondo routines
- Brazilian jiu-jitsu drills
- Boxing workouts
- Muay Thai training

10. **Outdoor and Adventure Sports**

- Hiking and trekking routines
- Rock climbing exercises
- Kayaking workouts
- Outdoor survival skills
- Camping and outdoor fitness

1. **Senior Fitness**

- Exercises for older adults
- Low-impact workouts
- Strength training for seniors
- Balance exercises for the elderly
- Chair exercises

1. **Pregnancy and Postpartum Exercise**

- Prenatal yoga
- Postpartum exercises
- Exercises for pregnancy
- Gentle workouts for new mothers
- Pelvic floor exercises

1. **Kids and Family Workouts**

- Fun family exercises
- Kids' fitness routines
- Exercises for children
- Active games for families
- Parent-child workouts

Using Pub.AI To Generate Book topic Ideas

💡 Book Topic Ideas

Fill out the fields below and we will generate 5 book topic ideas for you. These are **not** book titles, so you will need to double check these with Proof of Concept before continuing!

Category you'd like to explore * ?

Health ▼

Subcategory to refine the idea * ?

Nutrition ▼

Generate [I already have a topic. Skip this step](#)

Output ☁ ? ◀ 2 of 2 ▶ Copy

Nutrition Basics for Busy Professionals Description: Tailored for professionals with limited time, this book simplifies nutrition fundamentals, offering quick, healthy meal plans, and time-saving cooking tips to maintain a balanced diet amidst a hectic schedule.

Plant-Based Eating for Beginners Description: Introduces readers to the principles of plant-based nutrition, providing guidance on how to transition to a plant-based diet, understanding nutritional needs, and preparing simple, delicious plant-based meals.

Anti-Inflammatory Foods and Recipes Description: Explains the science behind inflammation and its effects on the body, identifying foods known to reduce inflammation. Includes a variety of recipes that incorporate these foods.

How do you like your output?

I like it, it's good! 👍 👎 It could be better...

Use Autosuggestion

The screenshot shows the Amazon search interface for the term 'container'. The search bar at the top contains 'Books container'. Below the search bar, a list of search suggestions is displayed on the left. A central overlay table provides a detailed analysis of these suggestions, categorized into 'Keywords Before' (pink background) and 'Keywords After' (green background). Each keyword in the table is accompanied by a small bar chart icon and a question mark, indicating search volume and relevance. At the bottom of the screenshot, there is a footer with version information, a 'Download Keywords!' button, a 'Go PRO!' prompt, and a tip about scrolling to see all suggestions.

	Keywords Before	Keywords After
container gardening for beginners		
container gardening	kids lunch container	container gardening books for beginners
container security	containers for mini fridge	Other
container gardening book	containers with lids for organizing	pizza storage container collapsible
container vegetable gardening	containers for organizing clothes	dog food storage container 50 lbs capacity
container home	containers for organizing pantry	oxo pop container
container garden	container	sharps disposal container for home use
container home book	containers for beads	sterilite 3-drawer storage container
container garden book	containers for food organizing	dog food storage container 30 lb
containers for tops and cotton balls	container store storage bins	how to build a shipping container home

ASE v2.1.42 | | [Download Keywords!](#) | Want to see **Search Volume** for these keywords? Go **PRO!** | Tip: You may have to scroll to the right to see all keyword suggestions.

AMZ Suggestion Expander

Proof of Concept (POC)

Is the book topic in demand?

Proof Of Concept

Review from the Course

Number of Reviews: =< ??

Est. Monthly Sales: \Rightarrow \$??

+

? x Books

Same ??

Same ??



Proof Of Concept

Review from the Course

Number of Reviews: =< 150

Est. Monthly Sales: \Rightarrow \$??

+

? x Books

Same ??

Same ??



Proof Of Concept

Review from the Course

Number of Reviews: =< 150

Est. Monthly Sales: ⇒ \$500

+

? x Books

Same ??

Same ??



Proof Of Concept

Review from the Course

Number of Reviews: =< 150

Est. Monthly Sales: ⇒ \$500

+

3 x Books

Same ??

Same ??



Proof Of Concept

Review from the Course

Number of Reviews: =< 150

Est. Monthly Sales: ⇒ \$500

+

3 x Books

Same Topic

Same ??



Proof Of Concept

Review from the Course

Number of Reviews: =< 150

Est. Monthly Sales: ⇒ \$500

+

3 x Books

Same Topic

Same Audience



Proof Of Concept



Red Flags

Investigate any red flag:

- Price is over \$30
- Page count is 350+
- 0 reviews, lots of sales
- Date book was published (< 60 days, do not consider)

Automatic disqualification:

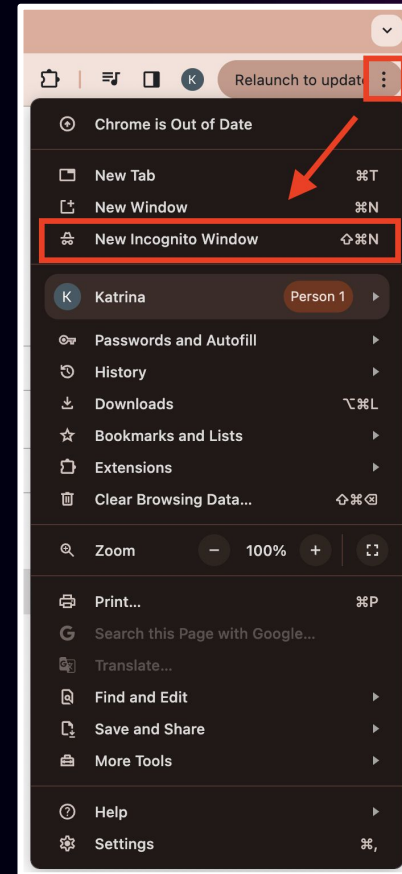
- Low content books
- Journals
- Workbooks*
- Bundles

Proof Of Concept

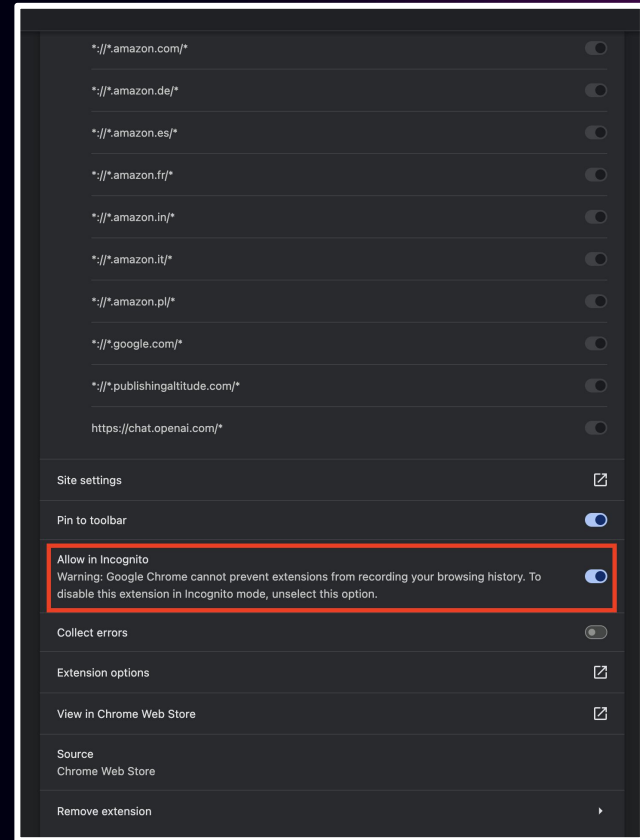


POC Example

- Open a new incognito window



- Make sure KDSpy is available in incognito



**Search your
topic in Amazon**

amazon.com/s?k=chair+exercises+for+seniors&l=stripbooks&crd=2EF3G8DOZNV00&sprefix=chair+exercises+for+seniors%2Cstripbooks%2C173&ref=nb_sb_noss_1

amazon Deliver to Beverly H... 90210 Books chair exercises for seniors

1-2 of over 2,000 results for "chair exercises for seniors"

Selected filters (1) Books

Eligible for Free Shipping

Kindle Unlimited

Department

Books

Arts & Photography

Biographies

Business & Money

Calendars

Children's Books

Christian Books & Bibles

Comics & Graphic Novels

Computers & Technology

Cookbooks, Food & Wine

Crafts, Hobbies & Home

Education & Teaching

Engineering & Transportation

Health, Fitness & Dieting

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Get Paid to Turn Other People's Content Into Books. And Collect the Cash Before You Even Write a Word. Learn More

Illustrated Book for Women, Beginners and Seniors Shop Alessandro Villanucci Books

WALL PILATES SENIORS 28-day challenge

CHAIR YOGA WEIGHT LOSS 28-day challenge

BALANCE EXERCISES SENIORS 12-week plan

Wall Pilates for Seniors: Rediscover The Joy of Movement and Become Independent Once Again... 4.5 stars 114

Chair Yoga for Weight Loss: 28-Day Challenge to Lose Belly Fat Sitting Down with Low-Impact Exercises 4.5 stars 183

Balance Exercises Bible for Seniors: 12-Week Plan to Prevent Falls and Walking with Confidence in... 4.5 stars 20

Results

28 Days of Chair Yoga for Seniors

Chair Yoga for Seniors: Posture, Balance, Strength

Chair Yoga for Weight Loss

50 Chair Exercises For Seniors: Best Chair Workout For Older Adults To

Sit, Stretch and Strengthen: A 14-Day Chair Exercise Program for Seniors



Your extension was recently updated to v5.13.32. [Learn what's new](#) X



Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

Results: **1-20** Avg. Sales Rank: **209,121** Avg. Monthly Rev: **\$6,741** Avg. Price: **\$15.45** Avg. No. Reviews: **359**

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. R	Reviews	Sales Rank
16	Chair Exercises for Seniors: Reclaiming Str...	<a>I <a>S <a>C	168	\$13.69	5	\$ 68	(18)	1,053,844 <input checked="" type="checkbox"/>
7	65 QUICK AND SIMPLE CHAIR EXERCIS...	<a>I <a>S <a>C	92	\$18.9	50	\$ 945	(30)	101,940 <input checked="" type="checkbox"/>
18	Chair Yoga For Seniors Over 60: For Weigh...	<a>I <a>S <a>C	142	\$29.97	4	\$ 120	(30)	1,326,670 <input checked="" type="checkbox"/>
20	Chair Yoga For Seniors Made Easy: 28-day...	<a>I <a>S <a>C	187	\$14.95	7	\$ 105	(44)	706,162 <input checked="" type="checkbox"/>
17	Chair workouts for every fitness level: Chair...	<a>I <a>S <a>C	176	\$12.99	372	\$ 4,832	(45)	10,443 <input checked="" type="checkbox"/>
14	Chair Exercises for Seniors Simplified: The ...	<a>I <a>S <a>C	170	\$11.99	16	\$ 192	(55)	330,494 <input checked="" type="checkbox"/>
13	Chair Exercises for Seniors: Simple and Sa...	<a>I <a>S <a>C	126	\$14.97	34	\$ 509	(76)	154,517 <input checked="" type="checkbox"/>
15	50 Chair Exercises for Seniors with Picture...	<a>I <a>S <a>C	78	\$10.97	15	\$ 165	(85)	356,095 <input checked="" type="checkbox"/>
1	Chair Exercises for Seniors: Your 28-Day Pl...	<a>I <a>S <a>C	232	\$13.69	441	\$ 6,037	(99)	8,475 <input checked="" type="checkbox"/>
10	10-Minute Chair Exercises for Seniors: Sim...	<a>I <a>S <a>C	105	\$13.99	152	\$ 2,126	(101)	29,874 <input checked="" type="checkbox"/>
2	28 Days of Chair Exercises For Weight Los...	<a>I <a>S <a>C	124	\$14.99	887	\$ 13,296	(112)	3,488 <input checked="" type="checkbox"/>
12	The Complete Guide to Chair Yoga for Seni...	<a>I <a>S <a>C	136	\$13.97	352	\$ 4,917	(128)	11,152 <input checked="" type="checkbox"/>
6	Chair Exercises for Seniors: Rediscover Pai...	<a>I <a>S <a>C	130	\$14.97	131	\$ 1,961	(187)	35,345 <input checked="" type="checkbox"/>
3	50 Chair Exercises For Seniors: Best Chair ...	<a>I <a>S <a>C	131	\$6.99	173	\$ 1,209	(244)	25,708 <input checked="" type="checkbox"/>
5	Chair Yoga for Weight Loss & Toning: Com...	<a>I <a>S <a>C	111	\$16.3	1,928	\$ 31,426	(308)	1,218 <input checked="" type="checkbox"/>
11	Chair Yoga for Seniors over 60: Complete ...	<a>I <a>S <a>C	119	\$14.51	694	\$ 10,070	(321)	4,794 <input checked="" type="checkbox"/>
19	Chair Yoga for Weight Loss: 10 Minutes a D...	<a>I <a>S <a>C	111	\$15.83	662	\$ 10,479	(514)	5,085 <input checked="" type="checkbox"/>
8	Chair Yoga for Seniors: Stretches and Pose...	<a>I <a>S <a>C	164	\$31.93	291	\$ 9,292	(755)	14,019 <input checked="" type="checkbox"/>
4	Chair Yoga For Seniors Over 60: 28-day Be...	<a>I <a>S <a>C	139	\$12.99	1,904	\$ 24,733	(779)	1,240 <input checked="" type="checkbox"/>
9	5-Minute Core Exercises for Seniors: Daily ...	<a>I <a>S <a>C	158	\$8.69	1,420	\$ 12,340	(3,267)	1,861 <input checked="" type="checkbox"/>

Kindle **20** Books Audiobooks **4**

[Pull Results 21-40](#)



USA

Total Monthly Rev.
\$134,822

Popularity Potential Competition
● ● ●

Click on the *KDSpy* icon

Click on *Reviews* to put them in order



Your extension was recently updated to v5.13.32. [Learn what's new](#) X



Keyword: chair exercises for seniors [Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

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[Pull Results 21-40](#)



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Region

Total Monthly Rev. **\$134,822**

Popularity Potential Competition
 ● ● ●

We are looking for **3 books** making **\$500** or more with **150 reviews** or less



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Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

Results: **1-20** Avg. Sales Rank: **209,121** Avg. Monthly Rev: **\$6,741** Avg. Price: **\$15.45** Avg. No. Reviews: **359**

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
16	Chair Exercises for Seniors: Reclaiming Str...	I S C	168	\$13.69	5	\$ 68	(18)	1,053,844 <input checked="" type="checkbox"/>
7	65 QUICK AND SIMPLE CHAIR EXERCIS...	I S C	92	\$18.9	50	\$ 945	(30)	101,940 <input checked="" type="checkbox"/>
18	Chair Yoga For Seniors Over 60: For Weigh...	I S C	142	\$29.97	4	\$ 120	(30)	1,326,670 <input checked="" type="checkbox"/>
20	Chair Yoga For Seniors Made Easy: 28-day...	I S C	187	\$14.95	7	\$ 105	(44)	706,162 <input checked="" type="checkbox"/>
17	Chair workouts for every fitness level: Chair...	I S C	176	\$12.99	372	\$ 4,832	(45)	10,443 <input checked="" type="checkbox"/>
14	Chair Exercises for Seniors Simplified: The ...	I S C	170	\$11.99	16	\$ 192	(55)	330,494 <input checked="" type="checkbox"/>
13	Chair Exercises for Seniors: Simple and Sa...	I S C	126	\$14.97	34	\$ 509	(76)	154,517 <input checked="" type="checkbox"/>
15	50 Chair Exercises for Seniors with Picture...	I S C	78	\$10.97	15	\$ 165	(85)	356,095 <input checked="" type="checkbox"/>
1	Chair Exercises for Seniors: Your 28-Day Pl...	I S C	232	\$13.69	441	\$ 6,037	(99)	8,475 <input checked="" type="checkbox"/>
10	10-Minute Chair Exercises for Seniors: Sim...	I S C	105	\$13.99	152	\$ 2,126	(101)	29,874 <input checked="" type="checkbox"/>
2	28 Days of Chair Exercises For Weight Los...	I S C	124	\$14.99	887	\$ 13,296	(112)	3,488 <input checked="" type="checkbox"/>
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6	Chair Exercises for Seniors: Rediscover Pai...	I S C	130	\$14.97	131	\$ 1,961	(187)	35,345 <input checked="" type="checkbox"/>
3	50 Chair Exercises For Seniors: Best Chair ...	I S C	131	\$6.99	173	\$ 1,209	(244)	25,708 <input checked="" type="checkbox"/>
5	Chair Yoga for Weight Loss & Toning: Com...	I S C	111	\$16.3	1,928	\$ 31,426	(308)	1,218 <input checked="" type="checkbox"/>
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9	5-Minute Core Exercises for Seniors: Daily ...	I S C	158	\$8.69	1,420	\$ 12,340	(3,267)	1,861 <input checked="" type="checkbox"/>

Blue line is our cut-off point

Under 150 reviews making \$500 or more

Kindle **20** Books Audiobooks **4**

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USA Region

Total Monthly Rev. **\$134,822**

Popularity Potential Competition



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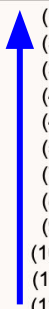


Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

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From this line up
all books have
150 reviews or
less

Kindle **20** Books Audiobooks **4**

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USA
Region

Total Monthly Rev. **\$134,822**

Popularity Potential Competition
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Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

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Kindle **20** Books Audiobooks **4**

[Pull Results 21-40](#)



USA
Region

Total Monthly Rev.
\$134,822

Popularity Potential Competition
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Now we need to find the ones that are making \$500 or more per month



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Keyword: chair exercises for seniors [Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

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3	50 Chair Exercises For Seniors: Best Chair ...	<a>I <a>S <a>C	131	\$6.99	173	\$ 1,209	(244)	25,708 <input checked="" type="checkbox"/>
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At first glance this looks like 7 books have PoC, but now we need to see what the books are actually about

Kindle **20** Books Audiobooks **4**

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USA Region

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Popularity Potential Competition ● ● ●



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3	50 Chair Exercises For Seniors: 99 Illustrated Exercises in Just 10 Minutes a Day, 99 Illustrated Exercises	I S C	99	\$15.83	173	\$ 1,209	(244)	25,708
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28 Days of Chair Exercises For Weight Loss: Three Levels for Strength, Posture, and Fitness in Just 10 Minutes a Day, 99 Illustrated Exercises Organized Into 28 Routines, Video Included

Hover over the title to see what the book is actually about

Remember we are looking for the same topic for the same audience

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Popularity Potential Competition

SIT, STRETCH, and STRENGTHEN

A 14- Day Chair Exercise
Program for Seniors



Sit, Stretch and Strengthen: A 14-Day Chair Exercise Program for

Seniors Paperback – July 11, 2023

by Jordan Frank (Author)

4.6 ★★★★★ 80 ratings

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Who Said You Can't Stay Fit and Healthy As You Grow Up?

Unfortunately, the body's balance, coordination, and ability to bounce back from injuries weaken as you age. That is why implementing regular exercise in your daily routine is essential to prevent fall incidents, strengthen your body and improve your overall well-being.

Does this mean you have to spend your money on fancy equipment or overpriced gym memberships?

Of course not!

Presenting "SIT, STRETCH, AND STRENGTHEN: A 14-DAY CHAIR EXERCISE PROGRAM FOR SENIORS" by Jordan Frank!

This game-changing book presents a 14-day chair exercise plan specifically designed for seniors. The book explains the benefits of exercise in detail while walking you through everything you need to perform the program safely in the comfort of your home.

Why Seniors Love This Illustrated Exercise Book:

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Print length



138 pages

Language



English

Publication date



July 11, 2023

Dimensions



8.5 x 0.32 x 11
inches

ISBN-13



979-8850536848



Roll over image to zoom in



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5	Chair Yoga for Weight Loss & Toning: Com...	I S C	111	\$16.3	1,928	\$ 31,426	(308)	1,218
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19	Chair Yoga for Weight Loss: 10 Minutes a D...	I S C	111	\$15.83	662	\$ 10,479	(514)	5,085
8	Chair Yoga for Seniors: Stretches and Pose...	I S C	164	\$31.93	291	\$ 9,292	(755)	14,019
4	Chair Yoga For Seniors Over 60: 28-day Be...	I S C	139	\$12.99	1,904	\$ 24,733	(779)	1,240
9	5-Minute Core Exercises for Seniors: Daily ...	I S C	158	\$8.69	1,420	\$ 12,340	(3,267)	1,861

Kindle **20** Books Audiobooks **4**

[Pull Results 21-40](#)



USA [v](#)
Region

Total Monthly Rev.
\$134,822

Popularity Potential Competition
● ● ●

“Chair Exercises for Seniors Over 60” is not the same audience as “Chair Exercises for Seniors”

“Chair Yoga for Seniors” is a different topic



Your extension was recently updated to v5.13.32. [Learn what's new](#) X



Keyword: chair exercises for seniors [Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

Results: **1-20** Avg. Sales Rank: **209,121** Avg. Monthly Rev: **\$6,741** Avg. Price: **\$15.45** Avg. No. Reviews: **359**

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
16	Chair Exercises for Seniors: Reclaiming Str...	<a>I <a>S <a>C	168	\$13.69	5	\$ 68	(18)	1,053,844
7	65 QUICK AND SIMPLE CHAIR EXERCIS...	<a>I <a>S <a>C	92	\$18.9	50	\$ 945	(30)	101,940
18	Chair Yoga For Seniors Over 60: For Weigh...	<a>I <a>S <a>C	142	\$29.97	4	\$ 120	(30)	1,326,670
20	Chair Yoga For Seniors Made Easy: 28-day...	<a>I <a>S <a>C	187	\$14.95	7	\$ 105	(44)	706,162
17	Chair workouts for every fitness level: Chair...	<a>I <a>S <a>C	176	\$12.99	372	\$ 4,832	(45)	10,443
14	Chair Exercises for Seniors Simplified: The	<a>I <a>S <a>C	170	\$11.99	16	\$ 192	(55)	330,494
13	Chair Exercises for Seniors: Simple and Sa...	<a>I <a>S <a>C	126	\$14.97	34	\$ 509	(76)	154,517
15	50 Chair Exercises for Seniors with Picture	<a>I <a>S <a>C	78	\$10.97	15	\$ 165	(85)	356,095
1	Chair Exercises for Seniors: Your 28-Day Pl...	<a>I <a>S <a>C	232	\$13.69	441	\$ 6,037	(99)	8,475
10	10-Minute Chair Exercises for Seniors: Sim...	<a>I <a>S <a>C	105	\$13.99	152	\$ 2,126	(101)	29,874
2	28 Days of Chair Exercises For Weight Los...	<a>I <a>S <a>C	124	\$14.99	887	\$ 13,296	(112)	3,488
12	The Complete Guide to Chair Yoga for Seni...	<a>I <a>S <a>C	136	\$13.97	352	\$ 4,917	(128)	11,152
6	Chair Exercises for Seniors: Rediscover Pai...	<a>I <a>S <a>C	130	\$14.97	131	\$ 1,961	(187)	35,345
3	50 Chair Exercises For Seniors: Best Chair ...	<a>I <a>S <a>C	131	\$6.99	173	\$ 1,209	(244)	25,708
5	Chair Yoga for Weight Loss & Toning: Com...	<a>I <a>S <a>C	111	\$16.3	1,928	\$ 31,426	(308)	1,218
11	Chair Yoga for Seniors over 60: Complete ...	<a>I <a>S <a>C	119	\$14.51	694	\$ 10,070	(321)	4,794
19	Chair Yoga for Weight Loss: 10 Minutes a D...	<a>I <a>S <a>C	111	\$15.83	662	\$ 10,479	(514)	5,085
8	Chair Yoga for Seniors: Stretches and Pose...	<a>I <a>S <a>C	164	\$31.93	291	\$ 9,292	(755)	14,019
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9	5-Minute Core Exercises for Seniors: Daily ...	<a>I <a>S <a>C	158	\$8.69	1,420	\$ 12,340	(3,267)	1,861

Kindle **20** Books Audiobooks **4**

[Pull Results 21-40](#)



USA [v](#)
Region

Total Monthly Rev.
\$134,822

Popularity Potential Competition
● ● ●

We need to find all the books that are about "Chair Exercises for Seniors"



Your extension was recently updated to v5.13.32. [Learn what's new](#) X



Keyword: chair exercises for seniors [Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(1\)](#)

Results: **1-20** Avg. Sales Rank: **209,121** Avg. Monthly Rev: **\$6,741** Avg. Price: **\$15.45** Avg. No. Reviews: **359**

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20	Chair Yoga For Seniors Made Easy: 28-day...	I S C	187	\$14.95	7	\$ 105	(44)	706,162
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9	5-Minute Core Exercises for Seniors: Daily ...	I S C	158	\$8.69	1,420	\$ 12,340	(3,267)	1,861

That leaves us with 4 books about the same topic for the same audience

Kindle **20** Books Audiobooks **4**

[Pull Results 21-40](#)



USA [v](#)
Region

Total Monthly Rev. **\$134,822**

Popularity Potential Competition

Do we have Proof Of Concept?

We have a winner! 🎉



Proof of Concept

Red Flags Examples



Investigate any red flag:

- Price is over \$30
- Page count is 350+
- 0 reviews, lots of sales

Automatic disqualification:

- Low content books
- Journals
- Workbooks*
- Bundles

Textbooks

Disqualified!



How do you identify a
Textbook?



<https://www.amazon.ca/First-USMLE-Step-Thirty-Third/dp/1264946627>

Textbooks

Who are well known textbook publishers?



1. McGraw-Hill
2. Pearson
3. Scholastic
4. Cengage Learning
5. Houghton Mifflin Harcourt
6. Emerald Group Publishing
7. Macmillan Learning
8. Wolters Kluwer
9. Wiley Publishing
10. Routledge Taylor and Francis Group



Authority Figures

How do you know if they're an Authority Figure?

1. Over 150 reviews
2. The book is a "second edition" or greater
3. Fame or accomplishment is listed in their book description
4. They have healthy sales with 0 reviews showing in KDSpy

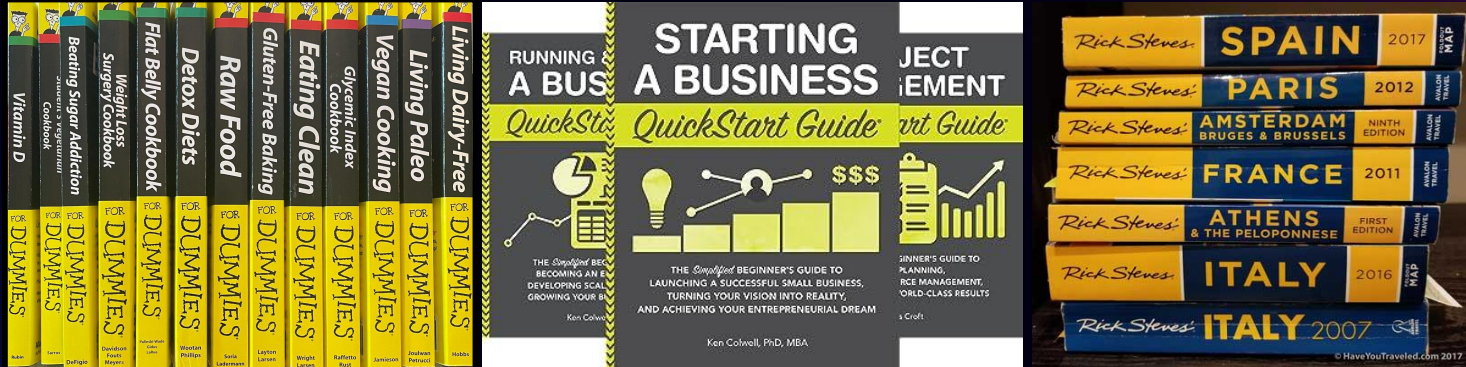
Example:

<https://www.amazon.com/Invisible-Child-Survival-American-Pulitzer/dp/0812986954/>



Authority Figures

How do you know if they're an Authority Figure?



They dominate a niche!

Questions?

What additional questions can we answer for you?



Submitted Questions

(Then Q&A Submissions on Zoom)

TOPIC RULES 😊

- Each student is allowed to submit **two topics** for proof of concept (POC) testing by coaches.
- If a student submits more than two topics, the two most **"specific"** topics submitted will be considered for POC testing.
- This approach ensures that more students have the opportunity to receive feedback on their topics
- As coaches, our goal is to develop your skills, enhancing your **comfort and confidence** in navigating the proof of concept process.

Nancy Keller

I think I've settled on a topic, but I don't want to move forward without a coach's approval. You know what works and what doesn't, and I am here to learn.

My niche would be self-help, and my sub-niche would be self-love.

I want to use a specific theme, but I don't have a specific audience. Is that okay? It's not, say, finding self-love for teens. It is more like finding self-love through a particular way of thinking about it. Is that okay?

Heather Theisen-Gandara

can you please go over ideas on getting POC ideas within a genre? I am stuck!

Nancy Keller

If we find a book that is very similar to ours, but has 0 reviews and 0 monthly income, do we need to avoid it? Is that a sign that it can't be successful, even if it has POC from 3 or more others?

Debbie Meyers

Please check POC:

- 1) Eating Disorder
- 2) Non Profit Leadership

Aretha Amoah

Dear coaches. Your assistance will be greatly appreciated to help me check 1. POC for the topics and 2. the book titles.

1. "Money Mastery for Teens Simplified:
2. "AI Beyond ChatGPT for Beginners or Beginner's AI Blueprint
3. Chair exercises for seniors

Thanks a lot.

Yolande Black

Greetings, Coaches and thank you for your advice. I would like know whether 'Writing Prompts for Kids' passes POC as it stands, or does it need to be niched further down into an age or grade grouping?

Lara Olawoore

Please find POC for this topic and could you give your opinion on writing this kind of book. Top 10 must read books on personal finance: If you want to prevent money related stress and live a fulfilled life, these 10 articles on personal finance will give you a head start.

Hammad Sheikh

Hi Coach,

We have chosen a book topic that successfully passes POC: Retirement Planning. Do you think this is a profitable topic to proceed with? Looking forward to your insights.

Best,

Hammad

Peggy Stearns

Hello Coaches,

I'm new and working to identify a topic for my first 30k book. I currently have two prospects, both of which I believe just meet POC. Both topics are areas in which I have some experience.

Dealing w/ Grief – I searched Grief and Dealing with Grief and other keywords, all with similar results, and then used KDSpy. For my POC, I did not include the deck of cards, children's book, or novel. I did include an author who has a podcast.

Public Speaking – I did not include textbooks for POC.

I inserted below a link to my KDSpy data for each topic. Would you check my POC and advise me?

Thank you!

KDSpy Data for both (1) Grief, and (2) Public Speaking

<https://www.dropbox.com/scl/fo/5bx7y5yloi9f94qsbz7pd/AMKlJfgGBLIDz7CBTna0lUc?rlkey=jdonwuwj737bwuxoxkflrwglk&dl=0>

Peggy Stearns

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
17	Good Grief: A Novel	I S C	n/a	\$15.56	270	\$ 4,201	0	15,359 <input checked="" type="checkbox"/>
14	Grief is a Sneaky Bitch: An Uncensored Gui...	I S C	272	\$19.38	23	\$ 446	32	226,477 <input checked="" type="checkbox"/>
10	The Grief Deck: Rituals, Meditations, and T...	I S C	n/a	\$17.98	111	\$ 1,996	92	42,781 <input checked="" type="checkbox"/>
7	Forget You Not: A Guided Grief Journal & K...	I S C	144	\$20.28	550	\$ 11,154	93	6,431 <input checked="" type="checkbox"/>
9	Navigating Intense Grief - How to Recover f...	I S C	154	\$17.4	424	\$ 7,378	100	8,893 <input checked="" type="checkbox"/>
18	Everywhere, Still: A Book about Loss, Grief,...	I S C	40	\$15.29	557	\$ 8,517	137	6,328 <input checked="" type="checkbox"/>
20	Hardcore Grief Recovery Workbook: An Ho...	I S C	144	\$7.65	361	\$ 2,762	597	10,826 <input checked="" type="checkbox"/>
3	Hardcore Grief Recovery: An Honest Guide...	I S C	128	\$10.89	401	\$ 4,367	782	9,528 <input checked="" type="checkbox"/>
19	Experiencing Grief	I S C	92	\$3.99	307	\$ 1,225	1,043	13,154 <input checked="" type="checkbox"/>
13	Journeying Through Grief (4-Book Set)	I S C	n/a	\$18.1	452	\$ 8,181	1,082	8,218 <input checked="" type="checkbox"/>
16	The Grieving Brain: The Surprising Science...	I S C	256	\$10.89	721	\$ 7,852	1,141	4,565 <input checked="" type="checkbox"/>
5	Grief One Day at a Time: 365 Meditations t...	I S C	384	\$13.13	404	\$ 5,305	1,205	9,428 <input checked="" type="checkbox"/>
11	The Wild Edge of Sorrow: Rituals of Renew...	I S C	224	\$10.99	1,231	\$ 13,529	1,335	2,258 <input checked="" type="checkbox"/>
6	How to Carry What Can't Be Fixed: A Journ...	I S C	216	\$12.91	678	\$ 8,753	1,649	4,941 <input checked="" type="checkbox"/>
4	Bearing the Unbearable: Love, Loss, and th...	I S C	248	\$17.02	810	\$ 13,786	2,040	3,929 <input checked="" type="checkbox"/>
8	Finding Meaning: The Sixth Stage of Grief	I S C	272	\$12.29	385	\$ 4,732	2,669	9,996 <input checked="" type="checkbox"/>
15	On Grief and Grieving: Finding the Meaning...	I S C	272	\$10.47	483	\$ 5,057	3,093	7,560 <input checked="" type="checkbox"/>
12	The Grief Recovery Handbook, 20th Annive...	I S C	240	\$7.99	1,019	\$ 8,142	4,859	2,907 <input checked="" type="checkbox"/>
2	A Grief Observed	I S C	76	\$7.48	1,260	\$ 9,425	6,437	2,190 <input checked="" type="checkbox"/>
1	It's OK That You're Not OK	I S C	280	\$11.99	2,972	\$ 35,634	11,492	653 <input checked="" type="checkbox"/>

Peggy Stearns

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
15	Contemporary Public Speaking	📖 I S C	552	\$75.8...	31	\$ 2,353	3	167,524 <input checked="" type="checkbox"/>
10	ISE The Art of Public Speaking: 2023 Release	📖 I S C	n/a	\$49.68	122	\$ 6,061	17	38,337 <input checked="" type="checkbox"/>
16	Public Speaking Mastery Made Simple: You...	📖 I S C	152	\$24.99	0	\$ 0	24	0 <input checked="" type="checkbox"/>
7	Make a Scene: Storytelling, Stage Presenc...	📖 I S C	380	\$17.95	48	\$ 862	48	106,641 <input checked="" type="checkbox"/>
20	Public Speaking-From Competent to Captiv...	📖 I S C	201	\$19.45	15	\$ 292	107	342,540 <input checked="" type="checkbox"/>
12	Public Speaking with Confidence: How to O...	📖 I S C	200	\$17.99	47	\$ 846	115	109,344 <input checked="" type="checkbox"/>
14	Public Speaking: How to Speak Effectively ...	📖 I S C	222	\$26.99	9	\$ 243	163	592,590 <input checked="" type="checkbox"/>
9	Art of Public Speaking: The Original Tool for...	📖 I S C	528	\$12.99	95	\$ 1,234	164	50,811 <input checked="" type="checkbox"/>
3	Public Speaking (Quick Study Academic)	📖 I S C	6	\$6.95	38	\$ 264	238	136,687 <input checked="" type="checkbox"/>
13	The 16 Undeniable Laws of Communication...	📖 I S C	320	\$17.29	276	\$ 4,772	693	14,933 <input checked="" type="checkbox"/>
11	Speak with No Fear: Go from a Nervous, N...	📖 I S C	182	\$19.99	21	\$ 420	1,145	248,227 <input checked="" type="checkbox"/>
18	How Highly Effective People Speak: How H...	📖 I S C	289	\$20.57	674	\$ 13,864	1,607	4,973 <input checked="" type="checkbox"/>
8	The Well-Spoken Thesaurus: The Most Po...	📖 I S C	400	\$10.99	1,101	\$ 12,100	2,053	2,624 <input checked="" type="checkbox"/>
1	The Art of Public Speaking (International Ed...	📖 I S C	n/a	\$60	205	\$ 12,300	2,136	21,206 <input checked="" type="checkbox"/>
19	The Art of Public Speaking (Communication...	📖 I S C	388	\$21.08	65	\$ 1,370	2,154	76,202 <input checked="" type="checkbox"/>
2	Ted Talks: The Official TED Guide to Public ...	📖 I S C	288	\$12.11	144	\$ 1,744	3,317	31,842 <input checked="" type="checkbox"/>
4	Talk Like Ted	📖 I S C	286	\$10.49	375	\$ 3,934	4,467	10,315 <input checked="" type="checkbox"/>
5	How to Develop Self Confidence and Impro...	📖 I S C	208	\$18.9	7	\$ 132	5,272	722,000 <input checked="" type="checkbox"/>
6	Start with Why: How Great Leaders Inspire ...	📖 I S C	256	\$12.28	846	\$ 10,389	38,413	3,710 <input checked="" type="checkbox"/>
17	48 Laws of Power	📖 I S C	452	\$24.15	1,868	\$ 45,112	82,499	1,273 <input checked="" type="checkbox"/>

Atareti Haeata

Hi Support / Coaches,

I have just selected my first Book Topic, completed the Proof of Concept process and need a coach to review the findings.

Here is the link to my AIA Topic Research Sheet. I have inserted copies of the KD SPY results on the POC sheet.

Thank you so much for your guidance and feedback.

<https://docs.google.com/spreadsheets/d/1aid8Elb9cnNlO5QopxFjonCzdbGdWSoT/edit?usp=sharing&ouid=115300982709282912153&rtpof=true&sd=true>

In Gratitude

Atareti

Atareti Haeata

i Keyword: inner freedom [Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(60\)](#) | [Book Tracking \(6\)](#)

Results: **1-60** Avg. Sales Rank: **1,456,340** Avg. Monthly Rev: **\$605** Avg. Price: **\$15.79** Avg. No. Reviews: **127**

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
15	Finding Inner Freedom: A Spiritual Breakthr...	I S C	117	\$14.95	2	\$ 30	0	3,037,853
16	9 Keys To Inner Freedom X	I S C	40	\$19.99	2	\$ 40	0	2,021,440
26	Inner Freedom Through Qabalah	I S C	134	\$54.95	1	\$ 55	0	3,939,450
27	Inner Freedom - Achieve Success by Being...	I S C	55	\$3.83	0	\$ 0	0	0
29	Praying for Healing from Brokenness: 21 D...	I S C	97	\$10.99	6	\$ 66	0	923,520
34	The Daily Buddhist: 366 Days of Wisdom fo...	I S C	432	\$28	23	\$ 644	0	222,998
36	Workbook for The Inner Work By Mathew M...	I S C	40	\$12.99	20	\$ 260	0	263,643
47	RECLAIMING INNER FREEDOM: Liberatio...	I S C	109	\$11.99	0	\$ 0	0	0
51	Inner Freedom: Using Mindfulness to Break...	I S C	244	\$13.89	0	\$ 0	0	0
3	Inner freedom: Cultivating Positive Behavio...	I S C	117	\$15.99	2	\$ 32	1	2,265,122
11	Growing In Inner Freedom	I S C	101	\$13.04	1	\$ 13	1	4,877,206
13	Inner (Heart) Healing & Freedom	I S C	242	\$23.99	4	\$ 96	1	1,222,788
14	Keys to Recovering Your Inner Freedom: Pr...	I S C	71	\$12	3	\$ 36	1	1,766,670
24	freedom from soul wounds and healing you...	I S C	125	\$16	5	\$ 80	1	988,177
28	Freedom Boy: The Power of One Child's In...	I S C	196	\$19.99	2	\$ 40	1	2,116,996
21	The Way to Inner Freedom	I S C	176	\$7.63	1	\$ 8	2	6,008,176
55	Brighter Freedom: A Journey from Broken t...	I S C	189	\$14.99	34	\$ 510	2	152,261
57	Get an Inner Life MEDITATE: Freedom is F...	I S C	224	\$20.99	3	\$ 63	3	1,628,170
10	The Four Elements of Inner Freedom: The ...	I S C	224	\$22.99	2	\$ 46	4	2,479,938
12	INNER FREEDOM: How to Find and Dissol...	I S C	288	\$17.96	1	\$ 18	4	4,393,182

Kindle **20+** Books Audiobooks **14**

Atareti Haeata

Keyword: inner freedom [Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(60\)](#) | [Book Tracking \(6\)](#)

Results: **1-60** Avg. Sales Rank: **1,456,340** Avg. Monthly Rev: **\$605** Avg. Price: **\$15.79** Avg. No. Reviews: **127**

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
50	Freedom from the Mind: The Mindfulness P...	I S C	135	\$9.97	111	\$ 1,107	16	42,485
48	Healing Your Inner Child: A Comprehensive...	I S C	143	\$13.75	13	\$ 179	21	392,901
42	Healing Your Inner Child: A Complete Guide...	I S C	198	\$14.99	12	\$ 180	22	437,271
25	The Secret Self: A Practical Guide to Spiritu...	I S C	380	\$20	4	\$ 80	24	1,313,421
53	THE POWER OF FORGIVENESS: FREED...	I S C	224	\$9.99	5	\$ 50	25	1,053,180
8	Miracle of Inner Freedom & Peace: A New ...	I S C	90	\$11.99	1	\$ 12	26	5,839,182
38	The Inner Child Recovery Workbook: Move ...	I S C	133	\$17.97	18	\$ 323	26	292,642
39	Anxious Attachment Recovery: Transformin...	I S C	136	\$12.99	37	\$ 481	26	139,962
37	Be Happy No Matter What: 5 Steps to Inner...	I S C	266	\$17.95	3	\$ 54	29	1,640,885
46	Heal Your Inner Wounds: How to Transform...	I S C	336	\$19.99	2	\$ 40	31	2,037,978
33	Get Out Of The Cage: A Guide To Inner Fre...	I S C	104	\$10.99	2	\$ 22	35	2,475,943
7	Illustrated Workbook For Freedom from You...	I S C	60	\$11.95	34	\$ 406	43	151,424
20	Simple Effective Prayer: Finding Freedom a...	I S C	180	\$12.99	5	\$ 65	51	1,065,094
58	Embracing The Inner Child: Simple Techniq...	I S C	122	\$12.99	32	\$ 416	63	161,796
59	The Zen Commandments: Ten Suggestions...	I S C	208	\$13.66	10	\$ 137	63	525,753
30	Healing Your Inner Child: A Comprehensive...	I S C	217	\$14.99	13	\$ 195	66	393,861
40	Freedom from Brokenness: Lessons Learn...	I S C	201	\$13.99	18	\$ 252	84	296,769
31	Free for Life: A Navy SEAL's Path to Inner...	I S C	254	\$14.97	7	\$ 105	86	779,430
22	Healing Your Childhood Wounds Workbook...	I S C	100	\$13.31	119	\$ 1,584	99	39,580
17	Healing Your Inner Critic: 5 Keys to Transfo...	I S C	48	\$7.99	13	\$ 104	108	416,587

Kindle **20+** Books Audiobooks **14**

Kathleen Anderson

Hi Coaches! I know today is POC day and I am excited to learn more about this.

Even though this is for my 7DPC I would like feedback on POC, Title and cover please. I am taking Rasmus' suggestion to incorporate the subtitle on the back in the description to keep the cover clean. I feel the image and title speaks for the book itself.

Title: Balance your Chakras balance your life: Complete guide to create an empowered life of health, wealth, happiness, love and freedom by using simple holistic methods to unblock your powerful energy centers.

In addition, I am a certified yoga instructor and have other credentials to back up my book. Would it be best to use my previous legal name Kathleen Anderson (all certs are in this name) instead of my current name Lily C? The complication is I will be selling the paperbacks in my current studio and everyone knows me as Lily. Talk about confusing question! Lol

Marula Sednawi

Hey, I need your help with the proof of concept (POC) for my first book. The main topic is Stress Management, and I've identified more than 40 subtopics. However, I currently have only five POCs, and I'm unsure about them because when I research them again, I find conflicting information.

Here are the five topics I have so far:

Overthinking (4 POCs, including 2 workbooks—do workbooks even count?)

Dealing with Burnout (5 POCs, including 1 workbook)

Negative Thinking (3 POCs, one of which is related to God)

The Science of Positive Thinking (3 POCs)

Child Mental Health (4 POCs: 3 over \$35 and 1 workbook)

Overcoming Unwanted Intrusive Thoughts (4 POCs)

I'd really appreciate your help in evaluating whether these are solid choices or if I should look further or maybe change the whole main topic so I can move forward with the rest of the course. Thank you so much!