

Q&A Call

● February 29th, 2024



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](#)

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.





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.

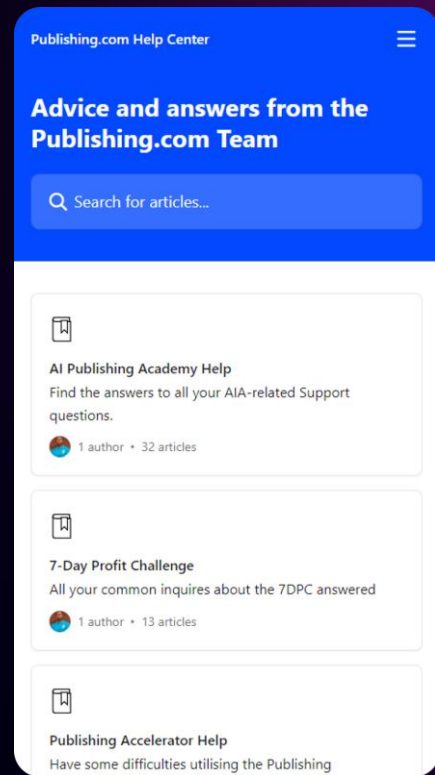
We would rather spend more time going deep into a good question rather than rushing from one question to the next. Therefore, we will pick and choose the best questions.

F.A.Q.

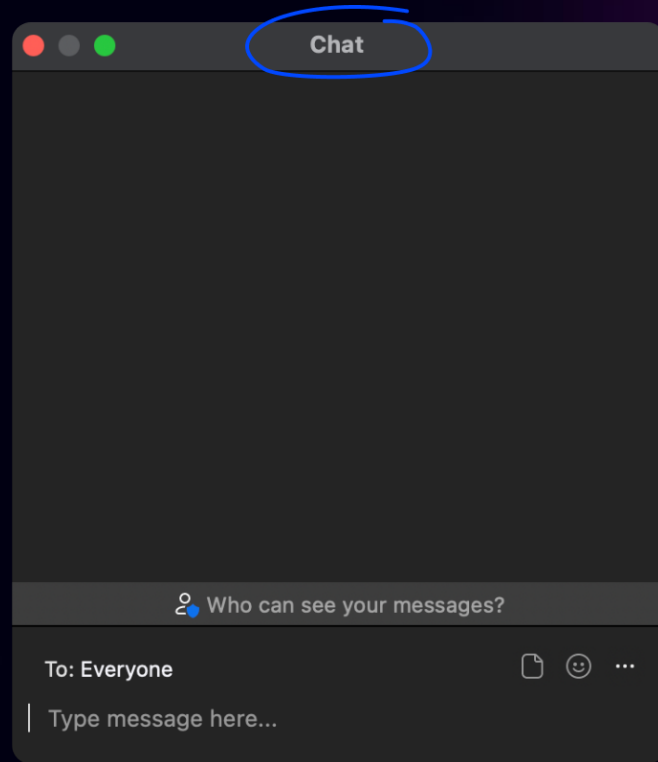
Visit our Help Center at help.publishing.com

- 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



PS MONTHLY DISCOUNT

AIA students on Q&A calls get monthly discount codes from Publishing Services for various packages. New codes shared monthly and active all month.



APLUS10

Students get 10% off A+ Content Package!



LET'S BEGIN!

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

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

A graphic with a background of scattered, overlapping book pages. A yellow diagonal banner in the top-left corner contains the word "BONUS" in black. The text "TOP 100" is in large yellow font, and "BOOK TOPICS" is in large white font below it. At the bottom center is the logo for Audiobook Income Academy, which consists of a stylized "AI" icon followed by the text "AUDIOBOOK INCOME ACADEMY".

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 (+ Videos and Quizzes Online) (For Dummies (Business & Personal Finance)) by Michael Taillard, Joseph Kraynak, et al. ★★★★☆ - 74 Paperback \$28⁹⁹ List: \$94.99 -prime FREE delivery Wed, May 24 or fastest delivery Sat, May 20 More Buying Choices \$21.44 (\$1 used & new offers) Other format: Kindle</p>	<p>Bookkeeping All-in-One For Dummies by Lisa Epstein and John A. Tracy ★★★★☆ - 696 Paperback \$20⁹⁹ 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 (\$5 used & new offers) Other format: Kindle</p>	<p>Real Estate Investing For Dummies, 4th Edition by Eric Tyson MBA, Robert S. Griswold MBA, MISA CRE, et al. ★★★★☆ - 747 Audiobook Audiobook \$0⁰⁰ List: \$24.49 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 \$29⁹⁹ -prime FREE delivery Wed, May 24 or fastest delivery Tomorrow, May 19 More Buying Choices \$19.69 (\$9 used & new offers) Other format: Kindle</p>	<p>Statistics For Dummies (For Dummies (Lifestyle)) by Deborah J. J. Rumsey ★★★★☆ - 1,983 Paperback \$11⁹⁹ 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 (\$6 used & new offers) Other format: eTextbook</p>
<p>Personal Finance For Dummies by Eric Tyson ★★★★☆ - 1,217 Paperback \$13⁹⁹ 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 \$7.71 (\$5 used & new offers) Other formats: Audible Audiobook, Kindle, Audio CD</p>	<p>Windows 10 For Seniors For Dummies (For Dummies (Computer/Tech)) by Peter Weverka ★★★★☆ - 917 Paperback \$15⁹⁹ 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 (\$4 used & new offers) Other format: Kindle</p>	<p>Options Trading For Dummies by Joe Duarte ★★★★☆ - 285 Paperback \$19⁹⁹ 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 \$16.09 (\$5 used & new offers) Other formats: Audible Audiobook, Kindle, Audio CD</p>	<p>Technical Analysis For Dummies by Barbara Rockefeller ★★★★☆ - 992 Paperback \$17⁹⁹ 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 (\$9 used & new offers) Other format: Kindle</p>	<p>Sewing For Dummies by Jan Saunders Marech ★★★★☆ - 1,292 Paperback \$10⁹⁹ 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 (\$7 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

- **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

Use Autosuggestion

The screenshot shows the Amazon website with the search term 'container' entered in the search bar. The search results are displayed on the left, and a keyword analysis tool is overlaid on the right. The tool is divided into three columns: 'Keywords Before' (pink background), 'Keywords After' (green background), and 'Other' (grey background). Each keyword in the tool is accompanied by a small bar chart icon and a question mark, indicating search volume and relevance. The 'Keywords Before' column lists terms like 'kids lunch container', 'containers for mini fridge', and 'containers with lids for organizing'. The 'Keywords After' column lists terms like 'container gardening books for beginners', 'pizza storage container collapsible', and 'dog food storage container 50 lbs capacity'. The 'Other' column lists terms like 'oxo pop container', 'sharps disposal container for home use', and 'sterilite 3-drawer storage container'. At the bottom of the tool, there is a yellow button labeled 'Download Keywords!' and a link to 'Go PRO!' for search volume data. A tip at the bottom right suggests scrolling to the right to see all keyword suggestions.

amazon Deliver to Beverly H... 90210 Books container

	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

PoC

Proof of Concept

Is the book topic in demand?

Proof of Concept

Review from the Course

Number of Reviews: =< ??

Est. Monthly Sales: => \$??

+

? 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: $\Rightarrow \$500$

+

? x Books

Same ??

Same ??



Proof of Concept

Review from the Course

Number of Reviews: ≤ 150

Est. Monthly Sales: $\Rightarrow \$500$

+

3 x Books

Same ??

Same ??



Proof of Concept

Review from the Course

Number of Reviews: ≤ 150

Est. Monthly Sales: $\Rightarrow \$500$

+

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:

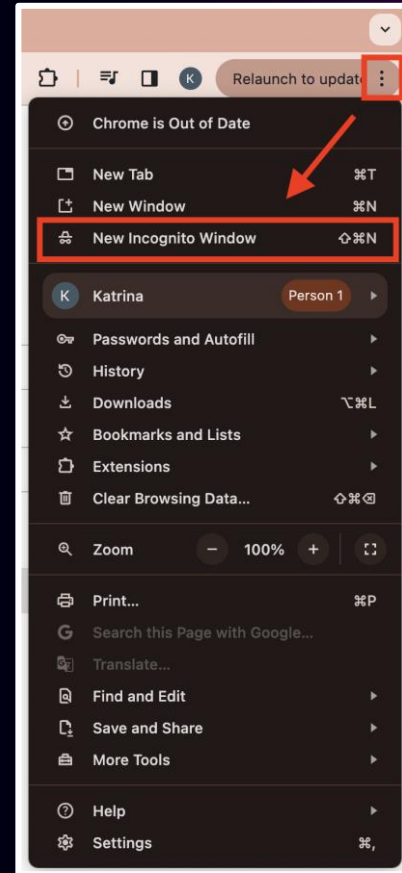
- Price is over \$30
- Page count is 350+
- 0 reviews, lots of sales
- Date book was published (< 60 days, do not consider)

Automatic disqualification:

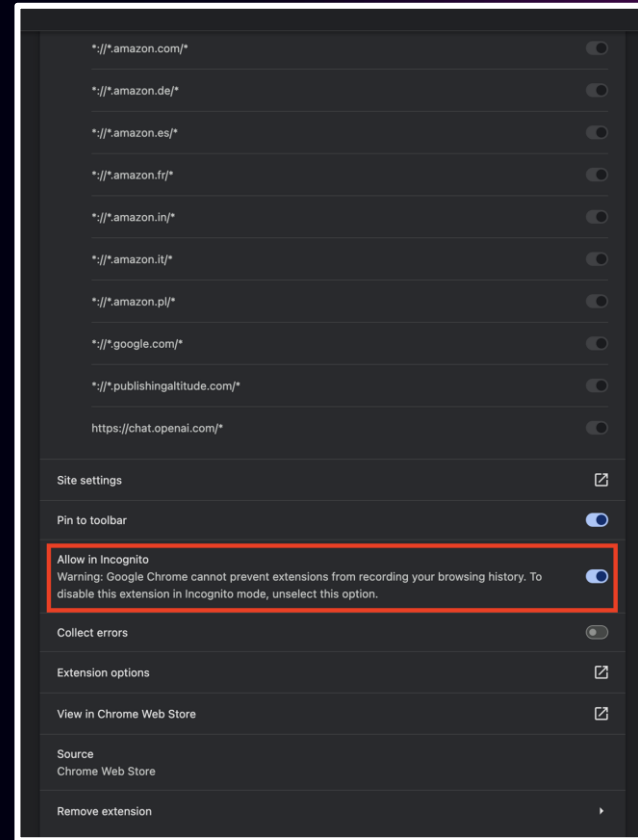
- Low content books
- Journals
- Workbooks*
- Bundles

PoC Example

- **Open a new incognito window**



- **Make sure
KDSpy is
available in
incognito**



- **Search your topic in Amazon**

USA ✓ Books ✓ Topic

Incognito ✓

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

Deliver to Beverly H... 90210

Books chair exercises for seniors

Incognito

EN -

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

Sort by: Featured

Selected filters (1) Clear all

- Books

Eligible for Free Shipping

- Free Shipping by Amazon

Get FREE Shipping on eligible orders shipped by Amazon

Kindle Unlimited

- Kindle Unlimited Eligible

Department

< Any 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
- History
- Humor & Entertainment
- Law
- LGBTQ+ Books
- Literature & Fiction
- Medical Books
- Mystery, Thriller & Suspense
- Parenting & Relationships
- Politics & Social Sciences
- Reference
- Religion & Spirituality

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By AMZ Suggestion Expander

Illustrated Book for Women, Beginners and Seniors
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WALL PILATES SENIORS
28-day challenge

Chair Yoga for Weight Loss: 28-Day Challenge to Lose Belly Fat Sitting Down with Low-impact Exercises

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

Results

28 Days of Chair Yoga for Seniors

Chair Yoga for Seniors to Lose Weight with Illustrated Exercises

Best Seller
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 v5.13.2 [Learn what's new](#) X



Options



Logout

Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(3\)](#)

Results:	Avg. Sales Rank:	Avg. Monthly Rev.:	Avg. Price:	Avg. No. Reviews:
1-20	38,992	\$11,201	\$13.31	233

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
6	50 SIMPLE CHAIR EXERCISES for SENIO...	I S C	103	\$13.9...	115	\$ 1,609	4	41,167 <input checked="" type="checkbox"/>
18	Chair Yoga for Seniors Over 60: Chair Yoga...	I S C	75	\$14.9...	405	\$ 6,055	6	9,390 <input checked="" type="checkbox"/>
20	Chair Yoga for Seniors Over 60: Fully Illustr...	I S C	146	\$13.5...	257	\$ 3,488	30	16,285 <input checked="" type="checkbox"/>
2	Sit, Stretch and Strengthen: A 14-Day Chair...	I S C	138	\$12.9...	135	\$ 1,754	33	34,178 <input checked="" type="checkbox"/>
4	Chair Exercises for Seniors: Rediscover Pai...	I S C	130	\$16.9...	198	\$ 3,360	38	22,103 <input checked="" type="checkbox"/>
9	50 Chair Exercises for Seniors with Picture...	I S C	78	\$10.97	62	\$ 680	39	80,851 <input checked="" type="checkbox"/>
14	Chair Yoga for Seniors Over 60: How to Re...	I S C	107	\$14.2...	1,250	\$ 17,864	42	2,212 <input checked="" type="checkbox"/>
17	Chair Exercises for Seniors: Simple and Sa...	I S C	161	\$14.9...	74	\$ 1,108	45	66,853 <input checked="" type="checkbox"/>
15	28 Days of Chair Yoga For Seniors Build St...	I S C	187	\$17.0...	946	\$ 16,169	48	3,208 <input checked="" type="checkbox"/>
10	Chair Yoga for Seniors To Lose Weight: 28-...	I S C	107	\$13.9...	900	\$ 12,583	70	3,423 <input checked="" type="checkbox"/>
3	Chair Yoga For Seniors Over 60: 28-day Be...	I S C	139	\$13.9...	4,681	\$ 65,493	89	328 <input checked="" type="checkbox"/>
11	Low Impact and Gentle Chair Exercises for ...	I S C	226	\$13.9...	20	\$ 280	112	265,575 <input checked="" type="checkbox"/>
7	Chair Yoga for Weight Loss: 10 Minutes a D...	I S C	109	\$16.1...	2,280	\$ 36,848	113	960 <input checked="" type="checkbox"/>
1	50 Chair Exercises For Seniors: Best Chair ...	I S C	131	\$6.996	466	\$ 3,260	115	7,901 <input checked="" type="checkbox"/>
19	45 Chair Exercises For Seniors: Best Chair ...	I S C	58	\$5.995	54	\$ 324	130	94,504 <input checked="" type="checkbox"/>
13	Quick and Simple Chair Exercises for Senio...	I S C	162	\$13.0...	190	\$ 2,482	147	23,179 <input checked="" type="checkbox"/>
5	10-Minute Chair Exercises for Seniors; 7 Si...	I S C	161	\$13.9...	51	\$ 714	163	100,308 <input checked="" type="checkbox"/>
8	Chair Yoga for Weight Loss: 28-Day Challe...	I S C	99	\$17.9...	1,461	\$ 26,257	183	1,791 <input checked="" type="checkbox"/>
12	Quick and Simple Chair Yoga for Seniors O...	I S C	169	\$12.99	738	\$ 9,587	725	4,432 <input checked="" type="checkbox"/>
16	5-Minute Core Exercises for Seniors: Daily ...	I S C	158	\$7.227	1,952	\$ 14,107	2,540	1,197 <input checked="" type="checkbox"/>

Kindle **20** Books Audiobooks **3**

[Pull Results 21-40](#)

Keywords

Export

Help

USA Region

Total Monthly Rev. **\$224,022**

Popularity Potential Competition

Click on the KDSpy icon

Click on Reviews to put them in order

Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(3\)](#)

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

Kindle **20** Books Audiobooks **3**

[Pull Results 21-40](#)

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Popularity Potential Competition

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13	Quick and Simple Chair Exercises for Senio...	I S C	162	\$13.0...	190	\$ 2,482	147	23,179 ✓
5	10-Minute Chair Exercises for Seniors; 7 Si...	I S C	161	\$13.9...	51	\$ 714	163	100,308 ✓
8	Chair Yoga for Weight Loss: 28-Day Challe...	I S C	99	\$17.9...	1,461	\$ 26,257	183	1,791 ✓
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Purple line is our cut-off point

Under 150 reviews making \$500 or more

Kindle **20** Books Audiobooks **3**

[Pull Results 21-40](#)

Keywords

Export

Help

USA Region

Total Monthly Rev. **\$224,022**

Popularity Potential Competition

Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(3\)](#)

Results: **1-20** Avg. Sales Rank: **38,992** Avg. Monthly Rev: **\$11,201** Avg. Price: **\$13.31** Avg. No. Reviews: **233**

#	Book Title	More	Length	Price	Est. Mo. Sales	Est. Mo. Rev.	Reviews	Sales Rank
6	50 SIMPLE CHAIR EXERCISES for SENIO...	I S C	103	\$13.9...	115	\$ 1,609	4	41,167 ✓
18	Chair Yoga for Seniors Over 60: Chair Yoga...	I S C	75	\$14.9...	405	\$ 6,055	6	9,390 ✓
20	Chair Yoga for Seniors Over 60: Fully Illustr...	I S C	146	\$13.5...	257	\$ 3,488	30	16,285 ✓
2	Sit, Stretch and Strengthen: A 14-Day Chair...	I S C	138	\$12.9...	135	\$ 1,754	33	34,178 ✓
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9	50 Chair Exercises for Seniors with Picture...	I S C	78	\$10.97	62	\$ 680	39	80,851 ✓
14	Chair Yoga for Seniors Over 60: How to Re...	I S C	107	\$14.2...	1,250	\$ 17,864	42	2,212 ✓
17	Chair Exercises for Seniors: Simple and Sa...	I S C	161	\$14.9...	74	\$ 1,108	45	66,853 ✓
15	28 Days of Chair Yoga For Seniors Build St...	I S C	187	\$17.0...	946	\$ 16,169	48	3,208 ✓
10	Chair Yoga for Seniors To Lose Weight: 28-...	I S C	107	\$13.9...	900	\$ 12,583	70	3,423 ✓
3	Chair Yoga For Seniors Over 60: 28-day Be...	I S C	139	\$13.9...	4,681	\$ 65,493	89	328 ✓
11	Low Impact and Gentle Chair Exercises for ...	I S C	226	\$13.9...	20	\$ 280	112	265,575 ✓
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From this line up
all books have
150 reviews or
less

Kindle **20** Books Audiobooks **3**

[Pull Results 21-40](#)

Keywords

Export

Help

USA Region

Total Monthly Rev.
\$224,022

Popularity Potential Competition

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[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(3\)](#)

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

Kindle **20** Books Audiobooks **3**

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Keywords

Export

Help

USA Region

Total Monthly Rev. **\$224,022**

Popularity Potential Competition

Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(3\)](#)

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16	5-Minute Core Exercises for Seniors: Daily ...	I S C	158	\$7.227	1,952		\$ 14,107	2,540	1,197 ✓

At first glance this looks like 14 books have PoC, but now we need to see what the books are actually about

Kindle **20** Books Audiobooks **3**

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Keywords

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USA Region

Total Monthly Rev. **\$224,022**

Popularity Potential Competition

Keyword: chair exercises for seniors

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9	50 Chair Exercises for Seniors with Picture...	I S C	78	\$10.97	62	\$ 680	39	80,851 <input checked="" type="checkbox"/>
14	Chair Yoga for Seniors Over 60: Chair Exercises for Seniors: Rediscover Pain-Free Daily Activities with A Step-by-Step	I S C			1,250	\$ 17,864	42	2,212 <input checked="" type="checkbox"/>
17	Chair Exercises for Seniors: Sit, Stretch and Strengthen: A 14-Day Chair...	I S C			74	\$ 1,108	45	66,853 <input checked="" type="checkbox"/>
15	28 Days of Chair Yoga For Seniors: Illustrated Workout to Improve Balance and Strength in Just 10 Minutes a Day	I S C			946	\$ 16,169	48	3,208 <input checked="" type="checkbox"/>
10	Chair Yoga for Seniors To Lose Weight: 28-Day Beginner Chair Exercises for Seniors	I S C			900	\$ 12,583	70	3,423 <input checked="" type="checkbox"/>
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1	50 Chair Exercises For Seniors: Best Chair Exercises for Seniors	I S C	131	\$6.996	466	\$ 3,260	115	7,901 <input checked="" type="checkbox"/>
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5	10-Minute Chair Exercises for Seniors; 7 Sit, Stretch and Strengthen	I S C	161	\$13.9...	51	\$ 714	163	100,308 <input checked="" type="checkbox"/>
8	Chair Yoga for Weight Loss: 28-Day Challenge	I S C	99	\$17.9...	1,461	\$ 26,257	183	1,791 <input checked="" type="checkbox"/>
12	Quick and Simple Chair Yoga for Seniors Over 60	I S C	169	\$12.99	738	\$ 9,587	725	4,432 <input checked="" type="checkbox"/>
16	5-Minute Core Exercises for Seniors: Daily Chair Exercises for Seniors	I S C	158	\$7.227	1,952	\$ 14,107	2,540	1,197 <input checked="" type="checkbox"/>

Kindle **20** Books Audiobooks **3**

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Total Monthly Rev. **\$224,022**

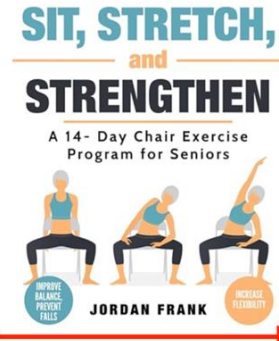
Popularity Potential Competition

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

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



Books > Health, Fitness & Dieting > Diseases & Physical Ailments



Sit, Stretch and Strengthen: A 14-Day Chair Exercise Program for Seniors Paperback – July 11, 2023

by Jordan Frank (Author)

5.0 ★★★★★ 33 ratings

[See all formats and editions](#)

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 weakened 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:

[Read more](#)

Print length



138 pages

Language



English

Publication date



July 11, 2023

Dimensions



8.5 x 0.32 x 11 inches

ISBN-13



979-8850536848



The Amazon Book Review

Book recommendations, author interviews, editors' picks, and more. [Read it now.](#)

Follow the author



Jordan Frank

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[Read sample](#)

If it isn't clear, click on the book and investigate

Keyword: chair exercises for seniors

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Kindle **20** Books Audiobooks **3**

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Keywords

Export

Help

USA Region

Total Monthly Rev. **\$224,022**

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

Keyword: chair exercises for seniors

[Results](#) | [Analysis](#) | [Insights](#) | [Word Cloud \(20\)](#) | [Book Tracking \(3\)](#)

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

Kindle **20** Books Audiobooks **3**

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Keywords

Export

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USA Region

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11	Low Impact and Gentle Chair Exercises for ...	I S C	226	\$13.9...	20	\$ 280	112	265,575 ✓
7	Chair Yoga for Weight Loss: 10 Minutes a D...	I S C	109	\$16.1...	2,280	\$ 36,848	113	960 ✓
1	50 Chair Exercises For Seniors: Best Chair ...	I S C	131	\$6.996	466	\$ 3,260	115	7,901 ✓
19	45 Chair Exercises For Seniors: Best Chair ...	I S C	58	\$5.995	54	\$ 324	130	94,504 ✓
13	Quick and Simple Chair Exercises for Senio...	I S C	162	\$13.0...	190	\$ 2,482	147	23,179 ✓
5	10-Minute Chair Exercises for Seniors; 7 Si...	I S C	161	\$13.9...	51	\$ 714	163	100,308 ✓
8	Chair Yoga for Weight Loss: 28-Day Challe...	I S C	99	\$17.9...	1,461	\$ 26,257	183	1,791 ✓
12	Quick and Simple Chair Yoga for Seniors O...	I S C	169	\$12.99	738	\$ 9,587	725	4,432 ✓
16	5-Minute Core Exercises for Seniors: Daily ...	I S C	158	\$7.227	1,952	\$ 14,107	2,540	1,197 ✓

That leaves us with 6 books about the same topic for the same audience

Kindle **20**

Books

Audiobooks **3**

[Pull Results 21-40](#)



Keywords



Export



Help

USA

Region

Total Monthly Rev.

\$224,022

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

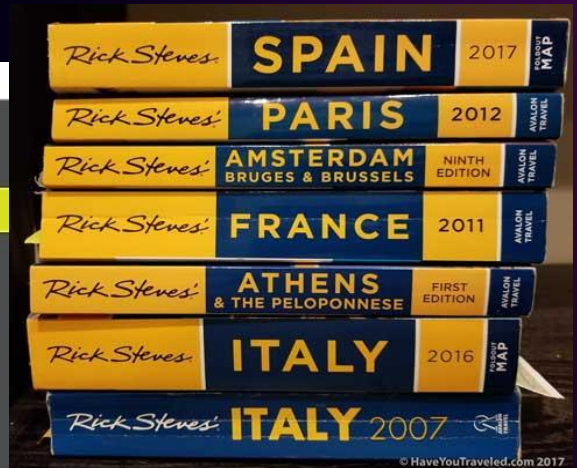
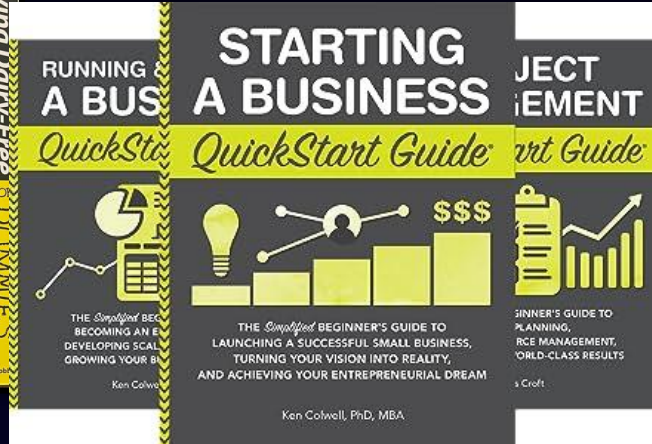
Example:

<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!

Proof of Concept



Submitted Questions

(Then Q&A Submissions on Zoom)

Questions?

What additional questions can we answer for you?



Bill

I have reviewed 78+ topics but only getting one POC. What am I doing wrong?

Lilian

Please confirm my POC "Freeze Drying" and your opinion on my title and sub-title

Freeze Drying Simplified: The Ultimate Guide to Emergency Food Storage and Waste Reduction.

Steven

Doing topic research and I found two related topics that both pass POC. I thought about writing a book with those two topics combined. Did a POC with both keywords and found only 1 book that had a NA figure author with less than 150 reviews but it was making more than 2k month. Should I go for this combined topic any way, even though it doesn't pass the POC test?

Misty

How much does the sales rank matter in POC?

Brett

Hi Coaches,

I wanted to get your thoughts on my book topic. Dose this pass POC?

Thanks Brett

TOPIC - Alzheimer's guide for caregivers

TITLE - Understanding Alzheimer's caregiving challenges

SUBTITLE - Unlock Stress-Free Dementia & Memory Care in Just 10 Easy Steps, Even If You Feel Lost, with Strategies for Navigating Symptoms, Tailored Approaches for Daily Challenges, and Compassionate Techniques

Tom

I'm struggling to get POC.

Using three best seller lists (mental health; anxiety & phobias; stress management) I have generated 60+ book topics (using all the methods in the course) but none pass POC.

I'm following the POC guidelines and excluding books with red flags (as per the 15th Feb Q&A): workbooks/journals/textbooks, >\$30 price, >350 pages, <60 days published, etc.

Any suggestions? Could you walk through an example with one of the above best-sellers lists that passes POC?

Thank you!

Edina

Hello,

Could you clarify if the POC needs to be done on a general topic such as gut health or on a niched down subtopic such as 'the role of gut health in immune system function'?

Is the topic of gut health still in demand? I couldn't find solid proof of it.

Also, would you be able to check POC for the topic of 'senior fitness over 60'?

Thank you very much!

Michael

Could I please ask for assistance on the POC of [Enhancing Critical Thinking]. I believe it meets but want to make sure. I have also exported the list from KDSpy and highlighted the 3 books I was seeking confirmation on. Here is the link to the list,
https://docs.google.com/spreadsheets/d/1uqDqlQgscsJmDvHqX2WMjsxeJFHQnwU1/edit?usp=share_link&oid=112586425580462352864&rtpof=true&sd=true

Larissa

Please check for POC

Teen girl confidence

Possible titles -

Confident Teen Girl Rising or Teen Girl Rising with Confidence

Subtitles - A Guide and Workbook to Master Your Emotions, and Conquer Doubt to Be Authentically YOU with Unstoppable Self-Assurance

or

A Guide and Workbook to Master Your Emotions, Conquer Self- Doubt and Embrace Self-Assurance to Thrive Being Authentically YOU

Mariangel Lilly

Good Afternoon!

I would like for you guys to please check this proof of concept for me:

1.- How to start your own business

2.- Starting a business

Thank you in advance for your time and feedback! :)

Greg P.

Am I correct in my understanding that once you have POC for your book topic, you never have to retest it?

My book topic "iPhone 15 for Seniors" passed POC. When I developed my main book title with slightly different keywords; my title didn't pass POC. "Seniors Guide to iPhone 15. One of the videos said that if your main book title is the same as others, one should use copywriting to alter it to stand out.

Valentina

Hi coaches,

Could you please check for POC:

"Python Programming for Beginners"

"Python for Beginners"

Thank you!

Barbara

Checking for confirmation of POC for:

1. healing your inner child
2. stop overthinking

Deb

for Thursday's session POC - I have followed the steps using several topics from the list of topics and can't find any to meet POC. Am I doing things wrong?

Debbie

I have a book outline ready to send to the ghostwriter but would like it checked for POC - I believe it's good but just want it to be confirmed

the topic is the Meditations of Marcus Aurelius

Steven

Hi, I'm new to AIA and this will be my first call. Excited to be here! My question is regarding Book Topic ideas. In doing topic research, I found 2 similar topics that I am interested in that both meet POC. When I combine the two into a more specific subtopic, it then does not meet POC. However, there is only 1 other self-published book under 150 reviews with this subtopic and it is doing very well. Would it be safe to say that this would still be a good choice for my first 30K book?