

HOW TO REACH A NEW AUDIENCE BY REPURPOSING **CONTENT** WITH AN **AUDIOBLOG** (i.e.: **Podcasting 101**)

Download this presentation at SteveStewart.me/live





iTunes What's Hot July 2015



All the space & security you need Dropbox for Business [Try it free](#)

How to Easily Improve Your Memory



10 surprising and mostly easy ways to improve your memory.

Many of the methods for improving memory—like [exercise](#), chunking, building associations or [brain training](#)—involve a fair amount of mental effort.



So here are ten (mostly) very easy ways to improve your memory that are supported by research.

With two or three exceptions, most people can do these with very little effort or expense.

1. Clench your right fist

If you squeeze your right hand into a fist during learning, it can aid memory.

Later on, to aid recall, squeeze your left hand into a fist.

In study by [Propper et al. \(2013\)](#), participants who squeezed their right fist during learning and their left during recall, did better than control groups clenching the other fist or not clenching at all.



2. Chew gum

Chewing gum can help you stay focused on a task and so improve your memory.

A study by [Morgan et al. \(2013\)](#) tested the audio memory of those chewing gum, compared with those who didn't.

The gum chewers had improved short-term memory compared with non-chewers.

3. Go to sleep

One of the many benefits of sleep is that it makes memory stronger.

That's because the brain is surprisingly busy during sleep and one of the things it's doing is working on our memories.

Not only does sleep make our memories stronger, it also restructures and reorganises them.

Studies have shown, for example, that people are more likely to dream about things with a higher value to them, and are subsequently more likely to recall those things ([Dudette et al., 2013](#)).

Insomnia Treatment

Find Info About A Way To Help Relieve Your Insomnia Symptoms.

And, if what's important to you is learning to play the piano, you could even try listening to the piece while you nap, as one study has shown this helps cement the memory ([Anthony et al.](#)

Google™ Custom Search

Share
Like 1.2k | 70 | 368
Like | +1 | Tweet

Additional Info

Want to understand your mind?
Get FREE email updates from PsyBlog.
Your email address
[Join Psyblog!](#)

FOLLOW PSYBLOG

FEATURED
dish network
wolford north
dakota

POPULAR ARTICLES



Why Running Makes Us Happy - It's More Than Endorphins



Why We Do Dumb or Irrational Things: 10 Brilliant Social Psychology Experiments



Dilated Pupils: 10 Messages My Eyes are Sending You



This Tweak To School Week Actually Improves Academic Performance



The Secret to Better Learning That Most People Don't Know



How To Feel Good About Making Mistakes



10 Psychology Studies Every Lover Should Know



How To Get Rid of Negative Thoughts



How To Prevent Suicide: 3 Risk Factors For Suicide Attempts



How Borderline Personality Disorder Affects The Brain

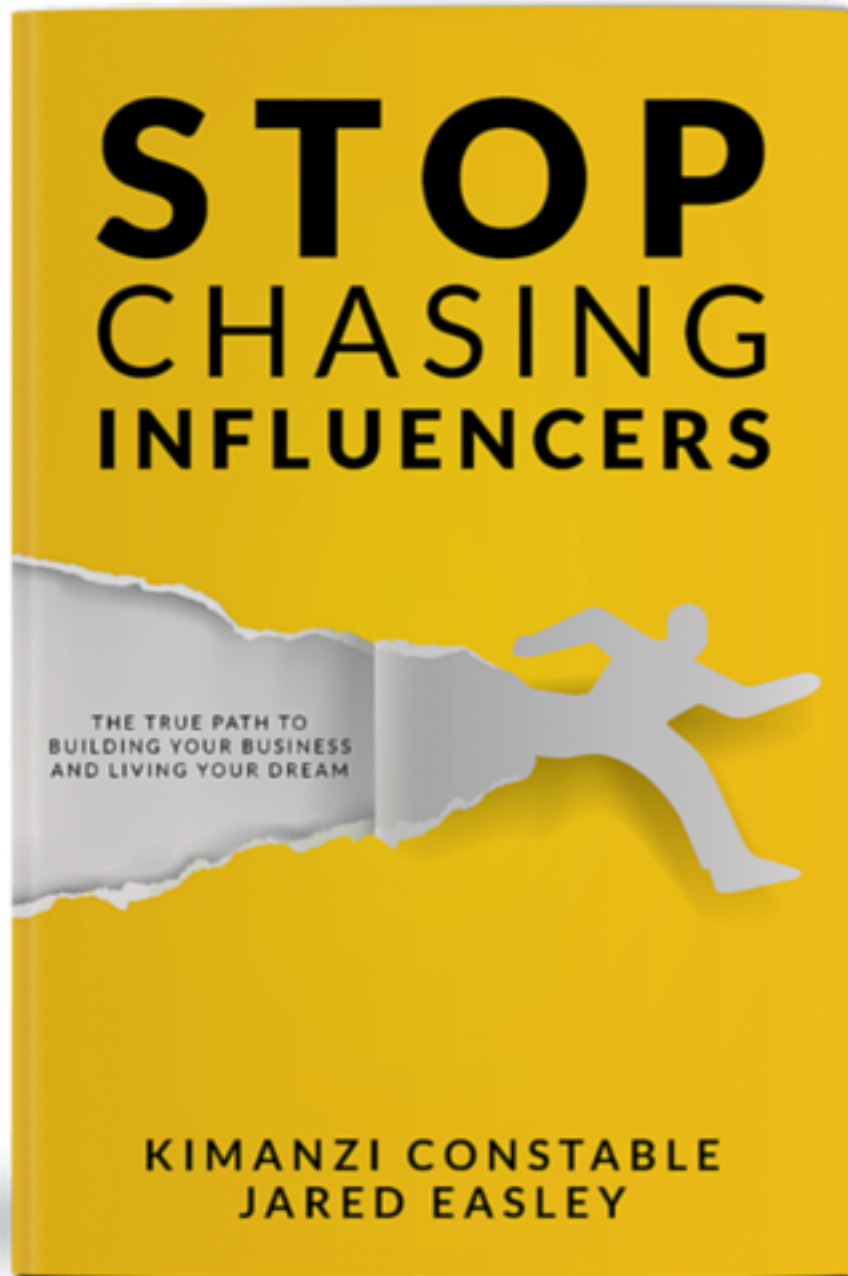


Memory and Recall: 10 Amazing Facts You Should Know



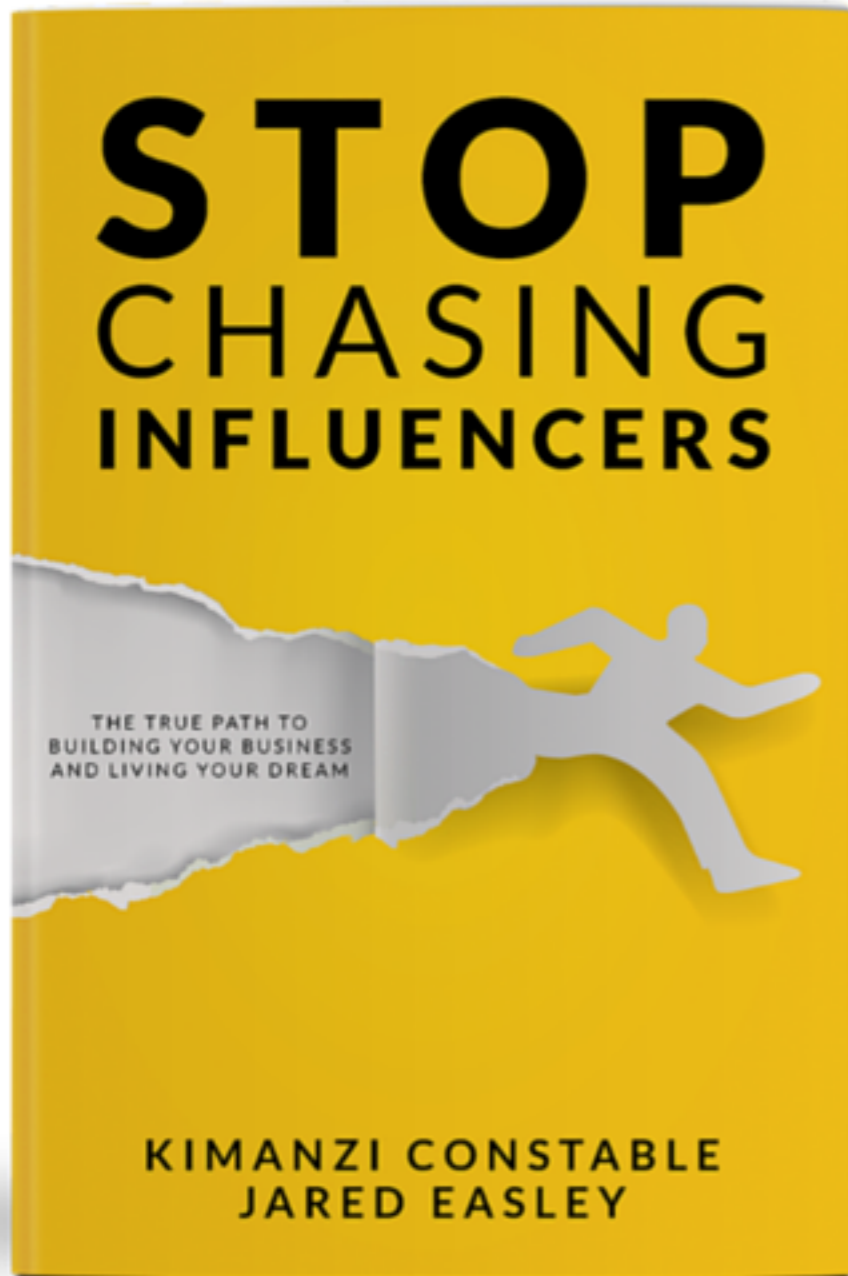
What Stress Does To Your Personality





WEBSITES





WEBSITES



BLOGS



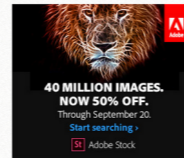
All the space & security you need. Dropbox for Business. Try it free.

How to Easily Improve Your Memory



10 surprising and mostly easy ways to improve your memory.

Many of the methods for improving memory—like [exercise](#), chunking, building associations or [brain training](#)—involve a fair amount of mental effort.



So here are ten (mostly) very easy ways to improve your memory that are supported by research.

With two or three exceptions, most people can do these with very little effort or expense.

1. Clench your right fist

If you squeeze your right hand into a fist during learning, it can aid memory.

Later on, to aid recall, squeeze your left hand into a fist.

In study by [Purpper et al. \(2013\)](#), participants who squeezed their right fist during learning and their left during recall, did better than control groups clenching the other fist or not clenching at all.



2. Chew gum

Chewing gum can help you stay focused on a task and so improve your memory.

A study by [Morgan et al. \(2013\)](#) tested the audio memory of those chewing gum, compared with those who didn't.

The gum chewers had improved short-term memory compared with non-chewers.

3. Go to sleep

One of the many benefits of sleep is that it makes memory stronger.

That's because the brain is surprisingly busy during sleep and one of the things it's doing is working on our memories.

Not only does sleep make our memories stronger, it also restructures and reorganises them.

Studies have shown, for example, that people are more likely to dream about things with a higher value to them, and are subsequently more likely to recall those things ([Dudette et al., 2013](#)).

Insomnia Treatment

Find Info About A Way To Help Relieve Your Insomnia Symptoms.

And, if what's important to you is learning to play the piano, you could even try listening to the piece while you nap, as one study has shown this helps cement the memory ([Anthony et al.](#)).

Google™ Custom Search

Share buttons for Facebook (1.2k), Twitter (70), and Google+ (368).

Additional Info

Want to understand your mind? Get FREE email updates from PsyBlog. Your email address: [input field] Join PsyBlog!

FOLLOW PSYBLOG: RSS, Twitter, Google+. FEATURED: dish network, wolford north, dakota.

- POPULAR ARTICLES: Why Running Makes Us Happy - It's More Than Endorphins, Why We Do Dumb or Irrational Things: 10 Brilliant Social Psychology Experiments, Dilated Pupils: 10 Messages My Eyes are Sending You, This Tweak To School Week Actually Improves Academic Performance, The Secret to Better Learning That Most People Don't Know, How To Feel Good About Making Mistakes, 10 Psychology Studies Every Lover Should Know, How To Get Rid of Negative Thoughts, How To Prevent Suicide: 3 Risk Factors For Suicide Attempts, How Borderline Personality Disorder Affects The Brain, Memory and Recall: 10 Amazing Facts You Should Know, What Stress Does To Your Personality.





SteveStewart.me/live

Toolkit

- > Leadership Skills (56)
- > Team Management (237)
- > Strategy Tools (122)
- > Problem Solving (39)
- > Decision Making (48)
- > Project Management (60)
- > Time Management (60)
- > Stress Management (56)
- > Communication Skills (124)
- > Creativity Tools (27)
- > Learning Skills (46)
- > Career Skills (166)

My Learning Plan ▼



Get the Free Newsletter

Learn new career skills every week, and get our **Communicate At Your Best Workbook** FREE when you subscribe.

First name

Email

[Privacy Policy](#)

[Subscribe](#)

Body Language

Understanding Non-Verbal Communication



By Keith Jackson and the Mind Tools Team

[Print](#)



Body Language at Work and in Business: Tips fo...

Learn more about body language, in this short video.

Have you ever been in the situation when you really didn't believe what someone was saying? Did you have a sense that something didn't ring true or a gut feeling that all was

Free Workbook Offer



Get **Congratulations on Your New Role... Now What?** free when you join the Mind Tools Club before midnight, September 24!

[Find Out More](#)

Calling All





[SteveStewart.me/live](https://www.youtube.com/watch?v=SteveStewart.me/live)

Toolkit

- > Leadership Skills (56)
- > Team Management (237)
- > Strategy Tools (122)
- > Problem Solving (39)
- > Decision Making (48)
- > Project Management (60)
- > Time Management (60)
- > Stress Management (56)
- > Communication Skills (124)
- > Creativity Tools (27)
- > Learning Skills (46)
- > Career Skills (166)

My Learning Plan ▼



Get the Free Newsletter

Learn new career skills every week, and get our **Communicate At Your Best Workbook** FREE when you subscribe.

First name

Email

[Privacy Policy](#)

[Subscribe](#)

Body Language

Understanding Non-Verbal Communication



By Keith Jackson and the Mind Tools Team

[Print](#)



Body Language at Work and in Business: Tips fo... ⌚ 🔗

Learn more about body language, in this short video.

Free Workbook Offer



Get **Congratulations on Your New Role... Now What?** free when you join the Mind Tools Club before midnight, September 24!

[Find Out More](#)

Have you ever been in the situation when you really didn't believe what someone was saying? Did you have a sense that something didn't ring true or a gut feeling that all was

Calling All



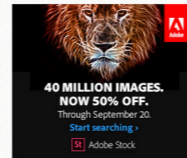
All the space & security you need. Dropbox for Business. Try it free.

How to Easily Improve Your Memory



10 surprising and mostly easy ways to improve your memory.

Many of the methods for improving memory—like [exercise](#), chunking, building associations or [brain training](#)—involve a fair amount of mental effort.



So here are ten (mostly) very easy ways to improve your memory that are supported by research.

With two or three exceptions, most people can do these with very little effort or expense.

1. Clench your right fist

If you squeeze your right hand into a fist during learning, it can aid memory.

Later on, to aid recall, squeeze your left hand into a fist.

In study by [Propper et al. \(2013\)](#), participants who squeezed their right fist during learning and their left during recall, did better than control groups clenching the other fist or not clenching at all.



2. Chew gum

Chewing gum can help you stay focused on a task and so improve your memory.

A study by [Morgan et al. \(2013\)](#) tested the audio memory of those chewing gum, compared with those who didn't.

The gum chewers had improved short-term memory compared with non-chewers.

3. Go to sleep

One of the many benefits of sleep is that it makes memory stronger.

That's because the brain is surprisingly busy during sleep and one of the things it's doing is working on our memories.

Not only does sleep make our memories stronger, it also restructures and reorganises them.

Studies have shown, for example, that people are more likely to dream about things with a higher value to them, and are subsequently more likely to recall those things ([Dudette et al., 2013](#)).

Insomnia Treatment

Find Info About A Way To Help Relieve Your Insomnia Symptoms.

And, if what's important to you is learning to play the piano, you could even try listening to the piece while you nap, as one study has shown this helps cement the memory ([Anthony et al.](#)).

Google™ Custom Search

Share buttons for Facebook (1.2k), Twitter (70), and Google+ (368).

Additional Info

Want to understand your mind? Get FREE email updates from PsyBlog. Your email address: [input field] Join PsyBlog!

FOLLOW PSYBLOG: RSS, Twitter, Google+. FEATURED: dish network, wolford north, dakota.

- POPULAR ARTICLES: Why Running Makes Us Happy - It's More Than Endorphins; Why We Do Dumb or Irrational Things: 10 Brilliant Social Psychology Experiments; Dilated Pupils: 10 Messages My Eyes are Sending You; This Tweak To School Week Actually Improves Academic Performance; The Secret to Better Learning That Most People Don't Know; How To Feel Good About Making Mistakes; 10 Psychology Studies Every Lover Should Know; How To Get Rid of Negative Thoughts; How To Prevent Suicide: 3 Risk Factors For Suicide Attempts; How Borderline Personality Disorder Affects The Brain; Memory and Recall: 10 Amazing Facts You Should Know; What Stress Does To Your Personality.



All the space & security you need  Dropbox for Business

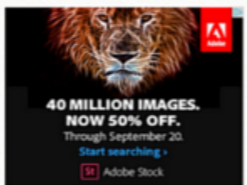
Google™ Dutch Search

Facebook | Google+ | Twitter

How to Easily Improve Your Memory



10 surprising and mostly easy ways to improve your memory. Many of the methods for improving memory—like [exercise](#), chunking, building associations or [brain training](#)—involve a fair amount of mental effort.



So here are ten (mostly) very easy ways to improve your memory that are supported by research. We know you don't want to do the hard work or effort or expense.

1. Clench your right fist

If you squeeze your right hand into a fist during learning, it can aid memory. Later on, to aid recall, squeeze your left hand into a fist. In study by [Propper et al. \(2013\)](#), participants who squeezed their right fist during learning and their left during recall, did better than control groups clenching the other fist or not clenching at all.



2. Chew gum

Chewing gum can help you stay focused on a task and so improve your memory. A study by [Morgan et al. \(2013\)](#) tested the audio memory of those chewing gum, compared with those who didn't. The gum chewers had improved short-term memory compared with non-chewers.

3. Go to sleep

One of the many benefits of sleep is that it makes memory stronger. That's because the brain is surprisingly busy during sleep and one of the things it's doing is working on our memories. Not only does sleep make our memories stronger, it also restructures and reorganises them. Studies have shown, for example, that people are more likely to dream about things with a higher value to them, and are subsequently more likely to recall those things ([Oudiette et al., 2013](#)).



And, if what's important to you is learning to play the piano, you could be listening to the radio while you nap. A study showed that people who listened to music while sleeping were more likely to recall those things ([Oudiette et al., 2013](#)). More on [how the brain learns during sleep](#).












Additional Info

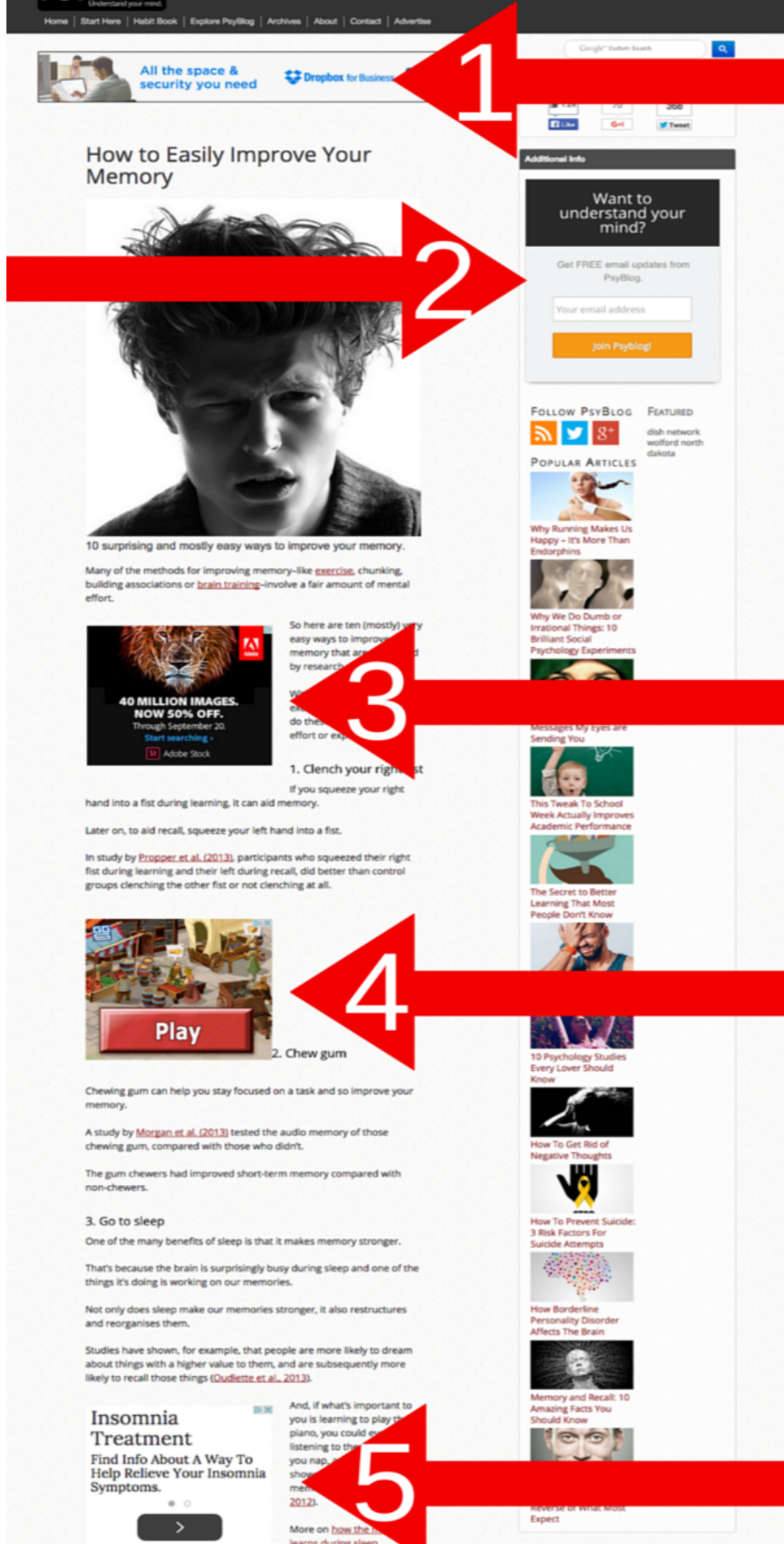
Want to understand your mind?

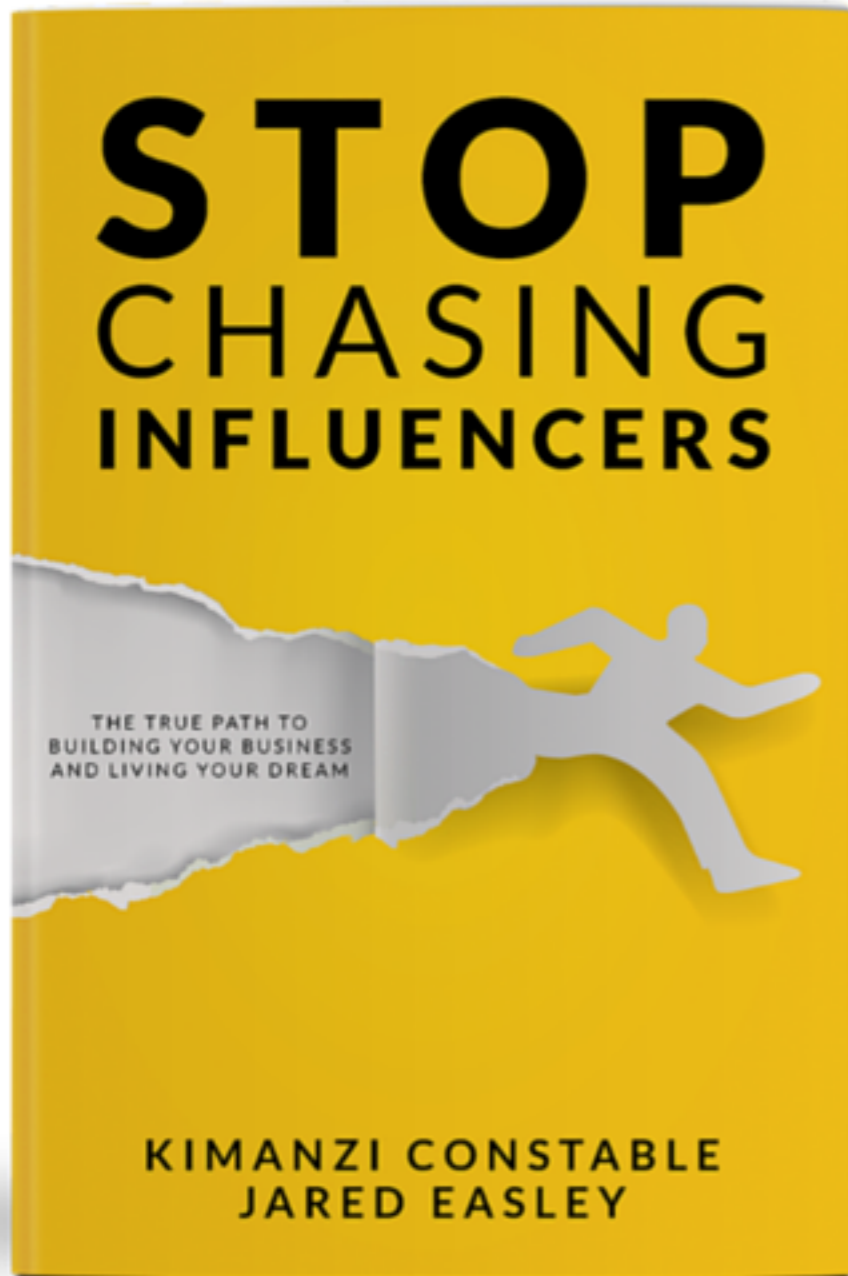
Get FREE email updates from PsyBlog.

Join Psyblog!

FOLLOW PSYBLOG    FEATURED [dish network](#) [wolfford north dakota](#)

- POPULAR ARTICLES
- 
 - 
 - 
 - 
 - 
 - 
 - 
 - 
 - 
 - 
 - 





WEBSITES

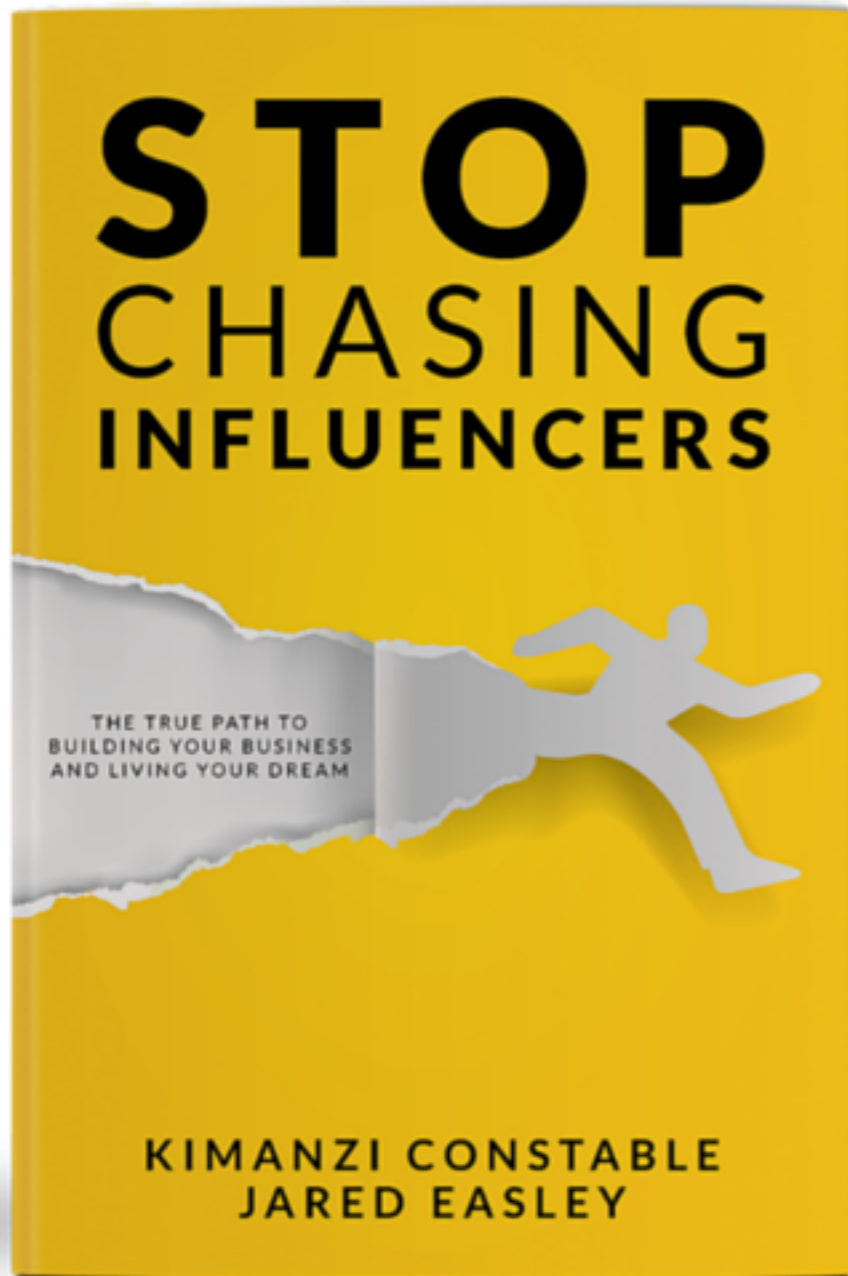


BLOGS









WEBSITES



BLOGS



PODCASTS





WEBSITES

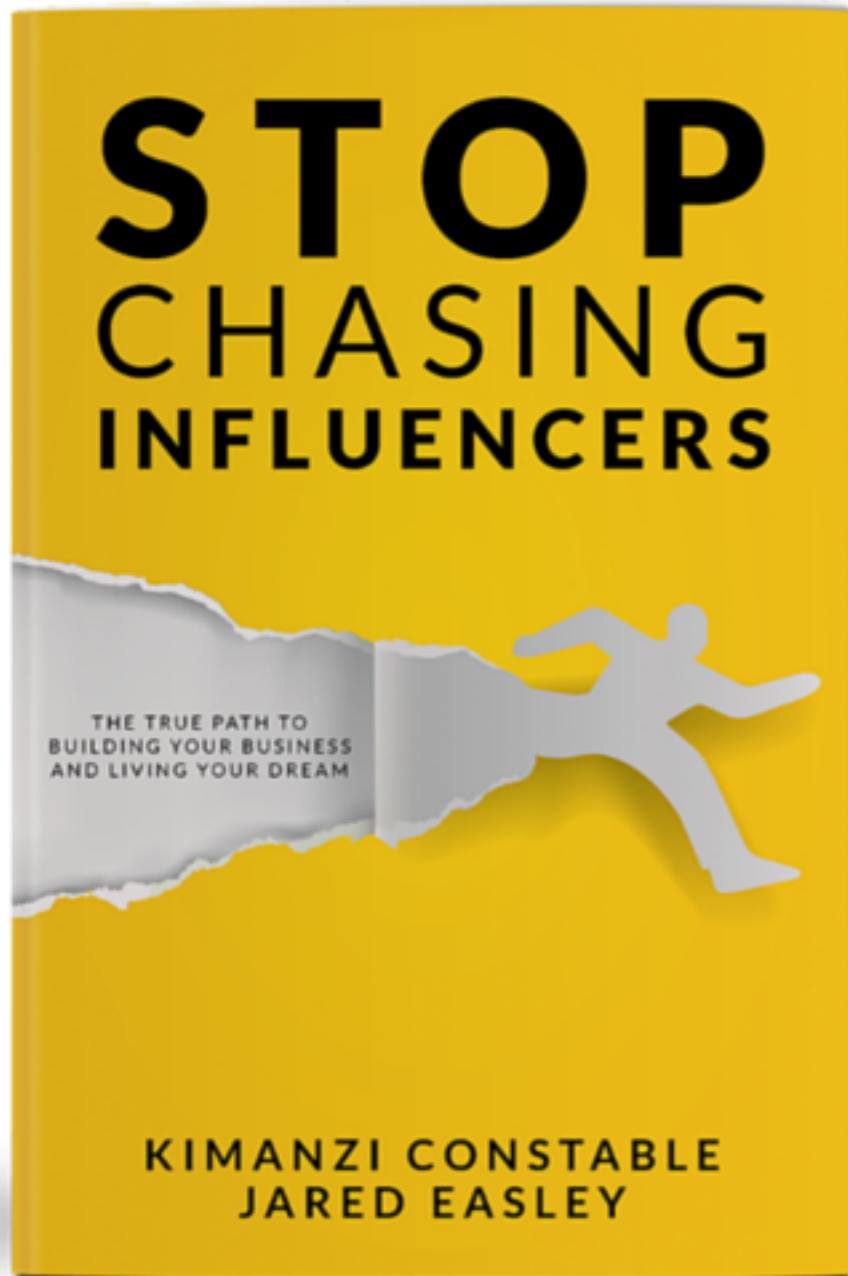


BLOGS

175,000

PODCASTS

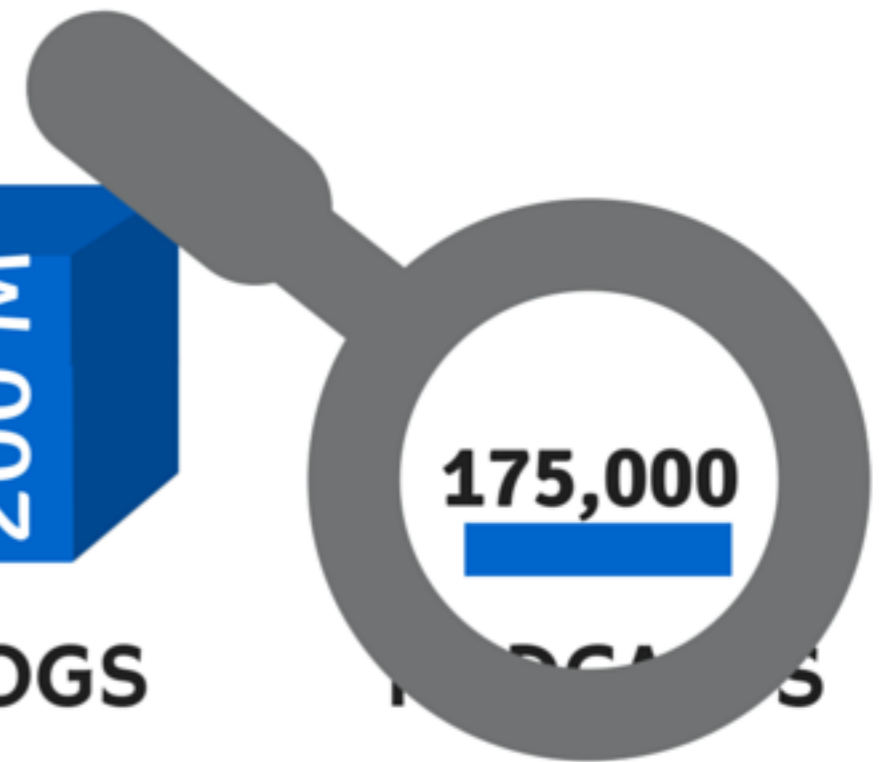




WEBSITES



BLOGS



PODCASTS





**You will reach a
completely different audience**

**THAT
DOESN'T
READ
BLOGS**



while adding another dimension

**TO
YOUR
EXISTING
BLOG**



1-Year RampUp™ Plus CD **1.25%** APY
A flexible way to save. [Open an account](#)



Advertiser Disclosure

CIT Bank FDIC
1-Year RampUp™ Plus CD
A flexible way to save.
1.25% APY
[Open an account](#)

Best Rates & Deals

- [Best Online Savings Accounts](#)
- [Best Credit Cards](#)
- [Discount Stock Brokers](#)
- [Free Credit Score](#)
- [Best Mortgage Rates](#)
- [Free Online Checking Accounts](#)

About PT



Hi, I'm Phillip Taylor. I'm a husband, father, blogger, CPA, and entrepreneur. I love learning to do more with my money and sharing it all here with you. Join in on the conversation and start improving your financial life today. [Read more...](#)

Follow

10 Ways to Use "the Internets" to Save Money Online



By Emily Guy Birken



Shopping is much different these days than it was even twenty years ago.

With information, reviews, and price comparisons on any product you can imagine available 24/7, it now takes very little effort to be a savvy consumer and make sure you get the biggest bang for your buck.

However, you may be unaware of other ways the Internet has made 21st century shopping, entertainment, dining, and banking cheaper



1-Year RampUp™ Plus CD 1.25% APY A flexible way to save. Open an account



Advertiser Disclosure

10 Ways to Use “the Internets” to Save Money Online



By Emily Guy Birken



Shopping is much different these days than it was even twenty years ago.

With information, reviews, and price comparisons on any product you can imagine available 24/7, it now takes very little effort to be a savvy consumer and make sure you get the biggest bang for your buck.

However, you may be unaware of other ways the Internet has made 21st century shopping, entertainment, dining, and banking cheaper

Advertisement for 1-Year RampUp™ Plus CD 1.25% APY with Citi Bank logo and 'Open an account' button.

- Best Online Savings Accounts
- Best Credit Cards
- Discount Stock Brokers
- Free Credit Score
- Best Mortgage Rates
- Free Online Checking Accounts

About PT



Hi, I'm Philip Taylor. I'm a husband, father, blogger, CPA, and entrepreneur. I love learning to do more with my money and sharing it all here with you. Join in on the conversation and start improving your financial life today. [Read more...](#)

Follow

1-Year RampUp™ Plus CD 1.25% APY A flexible way to save. Open an account



Advertiser Disclosure

10 Ways to Use “the Internets” to Save Money Online



By Emily Guy Birken



Listen to the Episode Below (01:08:08)

Audio player interface with buttons for Download, iTunes, Stitcher, Podcast RSS feed, iPhone App, and Android App.

However, you may be unaware of other ways the Internet has made 21st century shopping, entertainment, dining, and banking cheaper

Advertisement for 1-Year RampUp™ Plus CD 1.25% APY with Citi Bank logo and 'Open an account' button.

- Best Online Savings Accounts
- Best Credit Cards
- Discount Stock Brokers
- Free Credit Score
- Best Mortgage Rates
- Free Online Checking Accounts

About PT



Hi, I'm Philip Taylor. I'm a husband, father, blogger, CPA, and entrepreneur. I love learning to do more with my money and sharing it all here with you. Join in on the conversation and start improving your financial life today. [Read more...](#)

Follow



1-Year RampUp™ Plus CD 2.25% APY
A flexible way to save. Open an account



10 Ways to Use “the Internets” to Save Money Online



By Emily Guy Birken



Shopping is much different these days than it was even twenty years ago.

With information, reviews, and price comparisons on any product you can imagine available 24/7, it now takes very little effort to be a savvy consumer and make sure you get the biggest bang for your buck.

However, you may be unaware of other ways the Internet has made 21st century shopping, entertainment, dining, and banking cheaper



1-Year RampUp™ Plus CD 1.25% APY
A flexible way to save. Open an account



10 Ways to Use “the Internets” to Save Money Online



By Emily Guy Birken



PLAY TO LISTEN
DOWNLOAD SPEED UP or SHARE

GUEST O.G. (THE OTHER GUY)
Great Investing Mistakes

Shopping is much different these days than it was even twenty years ago.

With information, reviews, and price comparisons on any product you can imagine available 24/7, it now takes very little effort to be a savvy consumer and make sure you get the biggest bang for your buck.

However, you may be unaware of other ways the Internet has made 21st century shopping, entertainment, dining, and banking cheaper



1-Year RampUp™ Plus CD 1.25% APY
A flexible way to save. Open an account



Advertiser Disclosure

ASK PAT - 3,896,608 LISTENS
AP 0304: What Makes A Good Email List Incentive?

AP 0304: What Makes A Good Email List Incentive?

Today's question comes from Bradley, who wonders what makes for a good email list incentive. Bradley's site is <http://senseyourenergy.com/>.

Bradley mentions ebooks the Smart Way (<http://rebooksthesmartway.com/>), I also discuss Smart Passive Income Podcast session 145 with Kimanzi Constable (<http://www.smartpassiveincome.com/session145>), session 78 with Clay Collins (<http://www.smartpassiveincome.com/session78>), and session 115 with Jessica (<http://www.smartpassiveincome.com/session115>); as well as Ramit Sethi's site (<http://www.iwillteachyoutoberich.com/>) and LeadPages

AP 0299: How Soon Should A Blogger Start Sharing Income Reports?
299

AP 0298: How Do I Promote My Products During My Podcast?
298

AP 0297: How Do You Make Your Featured Images For Blog Posts?
297

AP 0296: Are Private Label Rights Still A Good Strategy?
296

AP 0295: How Do I Balance My Time Between Writing And Promotion?
295

1 of 31

CIT Bank
1.25% APY
Open an account

Best Rates & Deals

- Best Online Savings Accounts
- Best Credit Cards
- Discount Stock Brokers
- Free Credit Score
- Best Mortgage Rates
- Free Online Checking Accounts

About PT



AN ENTIRE LIBRARY OF EXCELLENT CONTENT FOR YOUR EARS



THE HARDEST PART ABOUT PODCASTING



SteveStewart.me/live

**THE HARDEST PART ABOUT
PODCASTING ISN'T THE TECH**

**IT'S COMING UP WITH
CONTENT**



GOOD NEWS !!!

YOU ALREADY HAVE THE
CONTENT



It's as  as 1 2 3



It's as  as 1 2 3

1



SteveStewart.me/live

It's as  as 1 2 3

1

2



www



It's as  as 1 2 3

1

2

3



www



RECOMMENDED



ATR2100



RECOMMENDED



ATR2100



**Use Promo
SOPfree**



RECOMMENDED



ATR2100



**Use Promo
SOPfree**

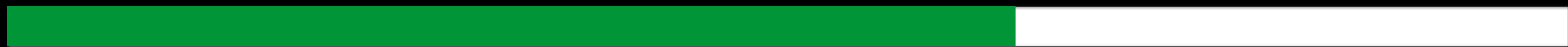


USB Mixer
(if more than one mic)



RECORDING OPTIONS

- ▶ GARAGEBAND (Mac only)
- ▶ AUDITION (requires subscription)
- ▶ AUDACITY (free, easy, PC/Mac)
- ▶ MIXCRAFT (PC only)
- ▶ DIGITAL RECORDER (no editing)
- ▶ SMARTPHONE (basic editing)



How to Record an Audioblog with Audacity



WORKFLOW

- ▶ RECORD (ALWAYS press RECORD)
- ▶ EDIT (add music, delete UmErUhs)
- ▶ CONVERT TO MP3 (iTunes)
- ▶ TAG the MP3 (the ID3 tags)
- ▶ UPLOAD TO MEDIA HOST



FORMATS

- ▶ SOLO (YNAB)
- ▶ CO-HOST (MONEY-GUY SHOW)
- ▶ INTERVIEW (U.S. IMMIGRATION)
- ▶ PANEL (MONEYMASTERMIND)
- ▶ NPR (FREAKONOMICS)
- ▶ VARIETY (STACKING BENJAMINS)



DISTRIBUTION

SUBMIT YOUR PODCAST-ONLY RSS FEED TO BE LISTED

- ▶ iTUNES
- ▶ STITCHER
- ▶ TUNE-IN RADIO
- ▶ iHEART RADIO (requires SPREAKER acct)
- ▶ AND MANY MORE

LARGE DIRECTORY LIST: podcast411.com/page2.html



You already have the
CONTENT

Go repurpose it with an
AUDIOBLOG

aka: PODCAST



RESOURCES

Links can be found at [*SteveStewart.me/live](https://www.stevestewart.me/live)

- ▶ Pat Flynn YouTube course
- ▶ John Lee Dumas Free Podcast Course
- ▶ School of Podcasting video course
- ▶ Podcast Answer Man podcast
- ▶ The Audacity To Podcast podcast
- ▶ The Audacity Workshop course



[*May contain product or affiliate links](#)

HOW TO REACH A NEW AUDIENCE BY REPURPOSING **CONTENT** WITH AN **AUDIOBLOG** (i.e.: **Podcasting 101**)

Download this presentation at SteveStewart.me/live





SteveStewart.me/live