

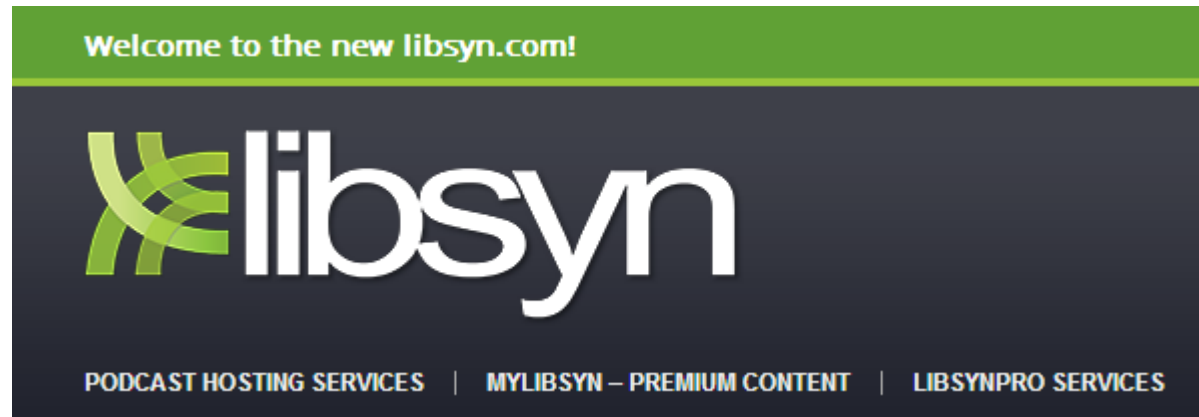


Expand Your Reach

With Podcasting

EASILY DESIGN AND LAUNCH YOUR PODCAST
WITH BONNIE GROESSL

Creating Your Libsyn Account



[LOGIN](#)[SIGN UP](#)[PODCAST HOSTING](#) | [MYLIBSYN – PREMIUM CONTENT](#) | [LIBSYNPRO](#) | [EVENTS](#) | [SUPPORT](#)

WHO WE ARE

Liberated Syndication (libsyn) pioneered the system to host and publish podcasts in 2004. And since then has grown to the largest leading podcast network with over 2.6 billion downloads in 2014. Libsyn hosts over 25,000 shows with 44 million monthly audience members.

[ABOUT US](#)

START PODCASTING TODAY!

Plans Begin At Only \$5 Per Month

[Plans & Pricing](#)

Everything Podcasting

Libsyn is your one stop solution for everything you need to start podcasting, get your podcast in iTunes and even turn your show into an App.

Podcast Solutions for Beginners to Established Producers

If you are new to podcasting everything you need is here: publishing tools, media hosting and delivery, RSS for iTunes, a Web Site, Stats and a platform that has your back as you grow as a producer.

Take Your Podcast to the Next Level

For those ready to take the next step we have podcast apps for iOS and Android to extend the reach and monetization capabilities of your content and

account information

first name*

last name*

email*

password*

retype password*

timezone*

show slug*

http:// .libsyn.com

Your RSS feed and web pages will be located at this domain.

billing information

payment method

☒ Credit Card

☐ PayPal

card number

expiration date

cvv

postal code

subscription options

- ☐ Libsyn Classic 50 - \$5.00/month
- ☐ Libsyn Classic 50 + stats - \$7.00/month
- ☐ Libsyn Classic 250 - \$15.00/month
- ☐ Libsyn Advanced 400 - \$20.00/month
- ☐ Libsyn Advanced 400 + Extra 200MB - \$30.00/month
- ☐ Libsyn Advanced 800 - \$40.00/month

Plan Comparison Chart

	Classic		Advanced		
	\$5	\$15	\$20	\$40	\$75
 Monthly Storage Learn More	50mb	250mb	400mb	800mb	1500mb
 Podcast RSS Feed	✓	✓	✓	✓	✓
 HTML5 Media Player	✓	✓	✓	✓	✓
 OnPublish	✓	✓	✓	✓	✓
 Podcast Page	✓	✓	✓	✓	✓
 Network App Listing Learn More	✓	✓	✓	✓	✓
 Custom Mobile App * Developer Fees Apply			+\$10/month	+\$10/month	+\$10/month
 Subscription Service* Developer Fees Apply			Opt-in Required	Opt-in Required	Opt-in Required
 Directory Listing	✓	✓	✓	✓	✓
 Basic Statistics	+\$2/month	✓	✓	✓	✓
 Advanced Statistics			✓	✓	✓
 Media Transcoding				✓	✓
 Additional 200mb			+\$10/month	+\$10/month	
	sign up	sign up	sign up	sign up	sign up

Monthly Storage is the amount of new content you can upload each month. If you have the Libsyn Basic 250 plan you can upload 250MB of new content each month. The storage quota for each account is reset on the 1st of the month. Once your quota resets your files from the last month no longer count against quota.

You can check the usage of your quota at anytime – see the below screen shot.

Show Details
Storage Usage
Sync Settings

Storage Quota Usage

Each media file uploaded uses storage quota for 30 days before being archived, freeing up the space for more uploads.

Storage Quota Limit: 250.00 MB / month Currently Using: 82.03 MB ACTIVE FILES Storage Free: 167.97 MB	
--	---

Archive Schedule

The archiving process occurs constantly throughout the day (depending on the time of day the file was added).

12/23	12/25	01/14
81.75 MB used 168.25 MB free	78.28 MB used 171.72 MB free	0 MB used 250.00 MB free



Storage Quota Usage

Each media file uploaded uses storage quota before being archived. Your media files will be archived the first day of every month, resetting your space quota to zero and allowing for additional uploads if you have reached your quota limit.

You may choose from one of two options for freeing up space prior to the disk reset date.

- Delete un-archived media
- Immediately archive media



93.71 MB used

306.29 MB free

Content will next archive on May 1, 2017 12:00am GMT (April 30, 2017 7:00pm in your local time)

Un-Archived Media

	File Name	Size	Date Created
☐	shannon.tran.mp3 DETAILS OPEN DELETE	45.77 MB	Sunday Apr 2, 2017 2:45 PM
☐	kathryn.mckinnon.mp3 DETAILS OPEN DELETE	47.93 MB	Saturday Apr 8, 2017 6:10 PM

Sign In



Welcome to Liberated Syndication



bgroessl@gmail.com

password

login

[forgot password?](#)

EDIT

Messages

There are no messages

[View older messages](#)

Quick Publish

Want the bells and whistles? Go to "Content" in the menu above. If not, this'll do.

Item Title*

Description

EDIT
INSERT
VIEW
FORMAT
TOOLS

B *I* U ~~S~~ A A

<> FONT SIZES A

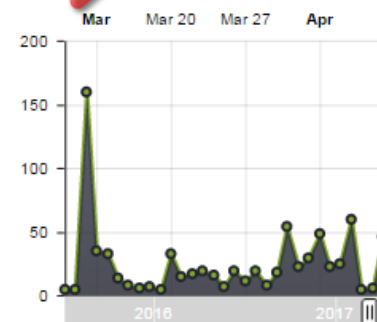
p

Words: 0

Media File

Stats Snapshot

Downloads
April 263
March 666
February 442
All Time 8,715



VIEW ALL STATS

Social Destinations Status

Destination Name	Status
Soundcloud	✓
Twitter (@relaxmore)	✓
Twitter (@relaxmore)	✓
Facebook OnPublish	✓
LinkedIn OnPublish	✓

Storage Usage



Content will next archive on May 1, 2017 12:00am GMT (April 30, 2017 7:00pm in your local time)

Comments

You have 0 comments awaiting moderation.



The Gift of Choice with Bonnie Groessl



Change Show



Dashboard



Content



Destinations



Monetizing



Stats



Storage



Settings



Help

EDIT

Messages

There are no messages

[View older messages](#)

Quick Publish

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Description

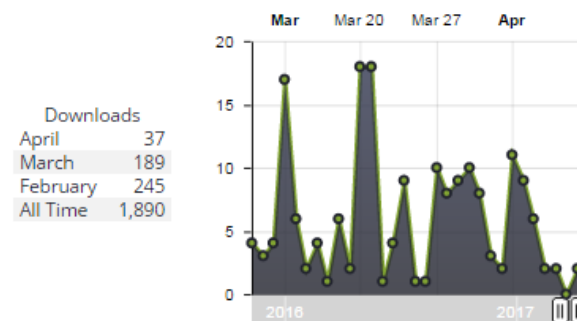
EDIT INSERT VIEW FORMAT TOOLS



p
 Words: 0

Media File

Stats Snapshot

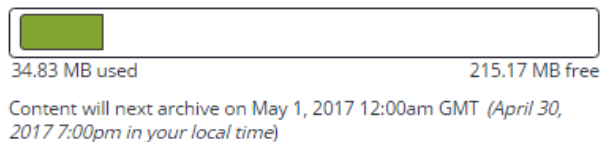


VIEW ALL STATS

Social Destinations Status

Destination Name	Status
Soundcloud	✓
Facebook OnPublish	✓
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Storage Usage



Comments

You have 0 comments awaiting moderation.

Show Settings

- Edit Show Settings
- Edit Content Categories
- Billing
- Custom Domains
- Episode Defaults
- Color Swatches
- Close Show

Edit Show Settings

Required Information

Show Title*  The Gift of Choice with Bonnie Groessl

Show Slug thegiftofchoice

Show Description*  Hosted by entrepreneurial coach, author and holistic nurse practitioner Bonnie Groessl, "The Gift of Choice" focuses on self-empowerment and our ability to choose. Bonnie and her guests offer insights and motivation each week to help you live your dream and attain the health, happiness and abundance you deserve. Join Bonnie and feel inspired, enthused and confident that anything is possible.

This description may be used in several places including the [Libsyn directory](#) and possibly your show's web page. This description will not appear in iTunes. iTunes will use the "summary" field from your feed destination.

Website Address*  <http://thegiftofchoice.libsyn.com/podcast>

Recommended Information

Tags/ Keywords abundance,author,choice,confident,happiness,health,inspiration,inspired,

Public Contact Email  bonnie@bonniegroessl.com

Default Show Feed Libsyn Classic Feed ▼

Facebook URL <https://www.facebook.com/CoachBonnieGroessl/>

Twitter Handle relaxmore

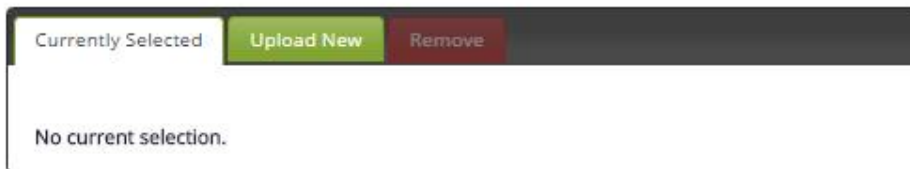
Artwork ?



For best results, please upload a high res jpeg or png file. Square images at least 1,400 x 1,400 px work best. Please change the file name for new uploads from previous uploads.

iTunes has several requirements on how the image must be generated in order for them to properly pull the image. [Please visit our tutorial for details on these requirements.](#)

Widescreen Image



In the event a widescreen image is needed (YouTube, for example), Libsyn will serve this image to avoid stretching and skewing of the thumbnail. This image should have a 16:9 aspect ratio, be at least 1400px wide, and use JPG or PNG file format.

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Widescreen Image

Currently Selected

Upload New

Remove

No current selection.

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Sync/Import Feed

Enable Sync with an External
Feed



Custom Domains

Custom domains can be added to your show for \$2.00/month. This allows you to uniquely brand your podcast with "mypodcastdomain.com" instead of the usual "thegiftofchoice.libsyn.com". In order to setup your domain you must have already registered it with an accredited domain name registrar.

EDIT CUSTOM DOMAINS

(NOTE: Save any unsaved changes in this form before clicking this button)

SAVE