



Expand Your Reach

With Podcasting

EASILY DESIGN AND LAUNCH YOUR PODCAST
WITH BONNIE GROESSL

Upload Your Show





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

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 ▾



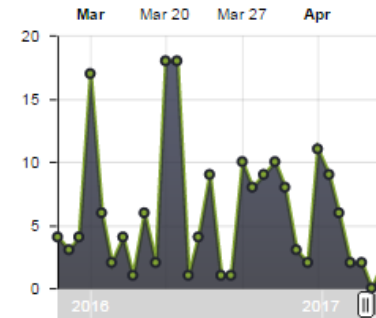
p

Words: 0

Media File

Stats Snapshot

Downloads
April 37
March 189
February 245
All Time 1,890



VIEW ALL STATS

Social Destinations Status

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

Storage Usage

34.83 MB used 215.17 MB free
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.

Add New Content
Drop down



The Gift of Choice with Bonnie Groessl



Change Show



Dashboard



Content



Destinations



Monetizing



Stats



Storage



Settings



Help

Content

Previously Published

Scheduled for Release/
Awaiting QC Approval

Drafts

FTP/Unreleased Media

File Manager

ADD NEW CONTENT

New Content

1. Media

2. Details

3. Artwork

4. Social

5. Scheduling

Advanced

Many file types can be used for podcast episodes for both audio and video. Our recommendations for file formats and encoding can be found [here](#).

ADD MEDIA FILE

File Name	Uploaded	Actions
There are no files currently set for this episode		

Master File -- SELECT --

Episode-Level Bonus Content

GO TO "DETAILS"

Save/Publish

Update ID3 tags ? ☐

Update MP3 file with thumbnail and tags. Additional details on working with ID3 tags can be found [here](#).

PUBLISH

SAVE AS DRAFT

CANCEL

- ➕ ADD NEW CONTENT

New Content

Many file types can be used for podcast episodes for both audio and video. Our recommendations for file formats and encoding can be found [here](#).

Media - Upload / Choose Media Files

+

ADD MEDIA FILE

File Name	Uploaded	Actions
There are no files currently set for this episode		

Master File

-- SELECT --

▶ Episode-Level Bonus Content

[+ ADD MEDIA FILE](#)

File Name	Uploaded	Actions
There are no files currently set for this episode		

-- SELECT -- ▼

▶ Episode-Level Bonus Content

Details - Edit Title, Description, and Info about this Content

Title*

Subtitle

Description

FILE EDIT INSERT VIEW FORMAT TOOLS

↶ ↷

B *I* U ~~S~~ FONT SIZES A A

Link

☰

☷

☰

☷

☰

☷

☰

☷

<>

🔄

👁

?

?

FILE ▾ EDIT ▾ INSERT ▾ VIEW ▾ FORMAT ▾ TOOLS ▾

↶ ↷ **B** *I* U ~~S~~ FONT SIZES A ▾ A ▾

🔗 🖼️ ☰ ▾ ☷ ▾ ☰ ▾ ☷ ▾ ☷ ▾ ☷ ▾ ☷ ▾ <> 🔍 👁️

Tags/Keywords

Tags are individual words that should be separated by commas or spaces and should contain only letters and numbers.

NOTE: iTunes no longer recognizes episode tags/keywords, so we recommend weaving your tags/keywords into your episode title, subtitle, and description.

Permalink Points to

Enable Comments

☒

iTunes Style Rating

- ☒ Not Set
☒ Explicit
☐ Clean

▼ Social Destination Custom Text

You may enter custom text to be sent to certain social destinations. If these fields are blank, the default will be used.

Facebook Status

Tweet (Twitter)

Character Count: 0

It is recommended that you keep your tweet at 116 characters or less to allow for the link to your episode. Any characters beyond the first 116 will likely be truncated. If you include any additional web addresses in your tweet, Twitter will treat each web address as 23 characters long regardless of how long the actual address is. Please keep this in mind as the counter here will attempt to identify and count these web addresses.

LinkedIn Status

Tweet (Twitter)

Character Count: 0

It is recommended that you keep your tweet at 116 characters or less to allow for the link to your episode. Any characters beyond the first 116 will likely be truncated. If you include any additional web addresses in your tweet, Twitter will treat each web address as 23 characters long regardless of how long the actual address is. Please keep this in mind as the counter here will attempt to identify and count these web addresses.

LinkedIn Status

Character Count: 0

LinkedIn Status may not exceed 700 characters

Schedule Release/Expiration

⚙️ Advanced Options

Update ID3 tags ☐

Update MP3 file with thumbnail and tags. Additional details on working with ID3 tags can be found [here](#).

→ PUBLISH

📄 SAVE AS DRAFT

⌛ CANCEL

▼ Schedule Release/Expiration

None

Basic Release/Expiration

Advanced

Release to all available destinations using the following settings:

Release Date

- ☒ Release immediately on publish
☐ Set new release date

Expiration Date

- ☒ Never expire
☐ Set new expiration date

Download Availability

- ☒ Media files are always available
☐ Media files are available based on release schedule

▶ ⚙ Advanced Options

Update ID3 tags ☐

Update MP3 file with thumbnail and tags. Additional details on working with ID3 tags can be found [here](#).

None

Basic Release/Expiration

Advanced

Release to all available destinations using the following settings:

Release Date	☒ Release immediately on publish ☐ Set new release date
Expiration Date	☒ Never expire ☐ Set new expiration date
Download Availability	☒ Media files are always available ☐ Media files are available based on release schedule

▶ ⚙️ Advanced Options

Update ID3 tags ☐

Update MP3 file with thumbnail and tags. Additional details on working with ID3 tags can be found [here](#).

→ PUBLISH

📄 SAVE AS DRAFT

⌂ CANCEL

The Gift of Choice with Bonnie Groessl

Change Show

Dashboard

Content

Destinations

Monetizing

Stats

Storage

Settings

Help

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

How to Edit
Content

Go to Previously Published
Or
Scheduled for Release



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

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 ▾

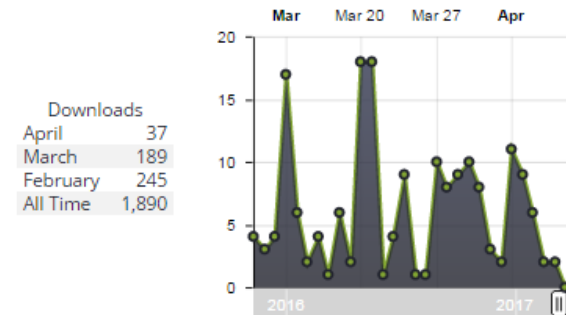


p

Words: 0

Media File

Stats Snapshot

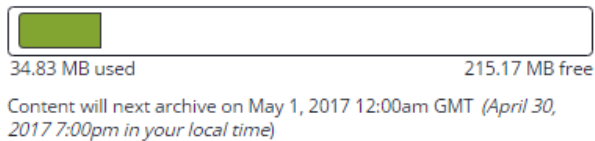


VIEW ALL STATS

Social Destinations Status

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

Storage Usage



Comments

You have 0 comments awaiting moderation.

Set Social Media Destinations



Other Podcast Directories

Set Destination in Libsyn



Google Play Music

Apply and will pull
RSS feed



Android

➤ Android App

External

➤ iHeartRadio

Feed

➤ Libsyn Classic Feed

iPhone/iPad

➤ iPhone/iPad App

➤ Podcast
Source/Network App
Listing

Player

➤ Web Player

Social

➤ Facebook OnPublish

➤ LinkedIn OnPublish

➤ Soundcloud

➤ Twitter (@relaxmore)

➤ Twitter (@relaxmore)

Webpage

➤ Web Page (Legacy)

➤ ADD NEW
DESTINATION

This is where you configure the settings for your various publishing destinations including; your RSS feed, Blog Page, Flash Player, and for some users Podcast Companion App.

There are 13 publishing destinations setup for this show.

Quick Links

Libsyn Classic Feed

<http://bonniegroessler.libsyn.com/rss>

Web Page (Legacy)

<http://bonniegroessler.libsyn.com>

i Add your **new** Podcast Page destination!

A new, customizable and fully responsive podcast page destination is now available to showcase your free and premium episodes! Once you have customized your page, you can replace the older (legacy) podcast page and/or webpage with this destination. Add it now below!

All Destinations

➤ ADD NEW



Android App

✓ EDIT EXTRAS

✓ SELECT CONTENT

✎ EDIT

🗑 REMOVE



Facebook OnPublish

✎ EDIT

🗑 REMOVE



iHeartRadio

✓ SELECT CONTENT

✎ EDIT

🗑 REMOVE



iPhone/iPad App

✓ SELECT CONTENT

✎ EDIT

🗑 REMOVE



Libsyn Classic Feed

🔗 VIEW FEED

✓ SELECT CONTENT

✎ EDIT

🗑 REMOVE



LinkedIn OnPublish

✎ EDIT

🗑 REMOVE



Podcast Source/Network App Listing

✓ SELECT CONTENT

✎ EDIT

🗑 REMOVE



Soundcloud

✓ SELECT CONTENT

✎ EDIT

🗑 REMOVE

All Destinations

[+ ADD NEW](#)



Android App

[EDIT EXTRAS](#)

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)



Facebook OnPublish

[EDIT](#)

[REMOVE](#)



iHeartRadio

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)



iPhone/iPad App

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)



Libsyn Classic Feed

[VIEW FEED](#)

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)



LinkedIn OnPublish

[EDIT](#)

[REMOVE](#)



Podcast Source/Network App Listing

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)



Soundcloud

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)



Twitter (@relaxmore)

[EDIT](#)

[REMOVE](#)



Twitter (@relaxmore)

[EDIT](#)

[REMOVE](#)



Web Page (Legacy)

[VIEW PAGE](#)

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)



Web Player

[GET EMBED CODE](#)

[✓ SELECT CONTENT](#)

[EDIT](#)

[REMOVE](#)

Homework

- ✓ Finish up cover art and introduction
- ✓ Post in Facebook group for feedback
- ✓ Play around with Audacity and practice some recordings
- ✓ Record your premier show
- ✓ Sign up for an itunes account