The AUDIOBOOK EXPERIENCE

Getting Ready to Record Your Audiobook

How to sound like yourself on your very best day

WHAT TO WEAR

- Soft, quiet fabrics (nothing that rustles)
- Layers for comfort
- No jewelry
- Comfortable shoes or socks
- Hair away from the microphone

WHAT TO EAT & DRINK

- Hydrate well (day before and day of)
- Warm liquids help
- Eat lightly for steady energy
- Avoid dairy, alcohol, excess caffeine

VOICE & BODY PREP

- Get a full night's sleep
- Gentle vocal warm-ups
- Light stretching
- Plan for 3–4 hours of recording

MANUSCRIPT PREP

- Final, clean manuscript only
- Mark pauses and emphasis
- Flag tricky pronunciations
- Note anything unclear

PERFORMANCE MINDSET

- Think one listener
- Focus on clarity, not perfection
- Pause and reset as needed
- Stay present and consistent

COMMON MISTAKES

- Over-rehearsing
- Rushing to finish
- Trying to sound like someone else
- Recording tired or dehydrated

WHAT TO EXPECT

- Multiple takes are normal
- Mistakes are part of the process
- Consistency builds over time