

# Virtual Coach Accelerator

# Inner Game of Coaching

Publishing 101

# Traditional Publishing

- Traditional publishing is the conventional method of bringing a book to market through a publishing house.
- This process typically begins with securing a literary agent who will represent the author and their manuscript to publishers. The agent's role is crucial as they have the industry connections and expertise to pitch the book to the right publishers, negotiate contracts, and protect the author's interests.
- Once a publisher accepts a manuscript, they take on the responsibility for all aspects of the book's production. This includes editing, design, printing, distribution, and marketing. The publisher's editorial team works closely with the author to refine the manuscript, often making significant changes to ensure the book fits their market.
- The publisher also handles the logistics of getting the book into bookstores, both physical and online, and may arrange for publicity and promotional events. This comprehensive support is one of the key advantages of traditional publishing, as it allows authors to focus primarily on writing while the publisher manages the business side.

# Pros of Trad. Publishing

- Traditional publishing carries a level of prestige and credibility that is often associated with established publishing houses.
- Being published by a well-known publisher can open doors to media coverage, literary awards, and book reviews in major outlets, which can significantly boost an author's reputation and career.
- One of the biggest advantages of traditional publishing is the distribution network that publishers have in place. Publishers have established relationships with bookstores, libraries, and online retailers, ensuring that the book reaches a wide audience. This can be especially beneficial for authors who want their books available in physical stores nationwide or internationally.
- Traditional publishers provide comprehensive editorial support, helping to shape and polish the manuscript to its best possible version. Additionally, they usually invest in marketing and publicity efforts to promote the book, including organizing book tours, securing interviews, and coordinating with media outlets. Authors benefit from the expertise and resources of a dedicated team working to maximize the book's success.

# Cons of Trad. Publishing

- The process of traditional publishing can be notoriously slow. It may take several months to even years from the time an agent submits a manuscript to when the book is finally published. This includes time spent querying agents, revising the manuscript as per their suggestions, submitting to publishers, and then going through the editorial and production processes at the publishing house.
- When an author signs with a traditional publisher, they often relinquish some control over their work. Editors at the publishing house may request significant changes to the manuscript, cover design, and even the title to better fit the market. Authors may have to compromise on their original vision in order to meet the publisher's expectations.
- Traditional publishers typically offer lower royalty rates compared to self-publishing. While authors may receive an advance payment upfront, they usually earn only a small percentage of each book sold after the advance is recouped by the publisher. This percentage can range from 5% to 15% of the book's cover price, depending on the format and the terms negotiated in the contract.

# How To Get Published

- The first major step in the traditional publishing process is finding a literary agent who believes in your work and is willing to represent you. Authors typically do this by sending a query letter—a concise, compelling pitch that includes a brief synopsis of the book and a bit about the author’s background. Query letters are often accompanied by sample chapters or a full manuscript, depending on the agent’s submission guidelines. The agent will review the submission and decide whether to take the author on as a client.
- Once an author secures an agent, the agent takes on the task of submitting the manuscript to publishers. This process can involve a lot of back-and-forth as the agent pitches the book to various editors at publishing houses, highlighting its market potential. If a publisher is interested, they may request additional materials or meetings with the author before making an offer.
- If a publisher offers to buy the rights to the book, the next step is negotiating the contract. This is where the agent’s expertise becomes invaluable. The contract will cover aspects like the advance payment, royalty rates, rights granted (e.g., print, digital, film), and deadlines for the manuscript. The agent will work to secure the best possible terms for the author, ensuring that the agreement is fair and that the author retains as many rights as possible.

# Self-Publishing

- Self-publishing is the process of independently publishing your own book without the involvement of a traditional publishing house.
- As a self-published author, you have complete control over the entire process, from writing and editing to designing the cover, formatting the manuscript, and distributing the book. Unlike traditional publishing, where a publisher manages most aspects of the book's production, self-publishing requires the author to take on or outsource these tasks themselves.
- The rise of digital platforms like Amazon Kindle Direct Publishing (KDP), IngramSpark, and others has made self-publishing more accessible and affordable than ever. These platforms allow authors to publish both eBooks and print-on-demand paperbacks with minimal upfront costs. This democratization of publishing means that authors can bring their work to market much faster and reach a global audience.
- Self-publishing also offers the flexibility to experiment with different genres, formats, and pricing strategies. Whether you want to publish a novel, a non-fiction book, or even a series, you can do so on your own terms and schedule, making it an attractive option for authors who want full creative freedom.

# Pros of Self Publishing

- One of the most significant advantages of self-publishing is that you retain complete control over every aspect of your book. You get to decide how your book is written, edited, and presented, from the cover design to the interior formatting. This means that your book can fully reflect your vision without needing to compromise to meet the demands of a publisher or editor.
- Self-published authors generally earn higher royalties per book sold compared to traditionally published authors. For example, platforms like Amazon KDP offer royalty rates of up to 70% on eBook sales, whereas traditional publishers typically offer royalties in the range of 5% to 15%. This means that, while you may sell fewer copies, you could potentially earn more money per sale.
- With self-publishing, you have the ability to bring your book to market much faster than through traditional publishing. Once your manuscript is ready, you can upload it to a self-publishing platform and have it available for sale within days or weeks. This is a stark contrast to traditional publishing, where the timeline from acceptance to publication can take 12 to 24 months or longer.

# Cons of Self Publishing

- One of the challenges of self-publishing is that you are responsible for covering all the costs associated with producing the book. This can include hiring professional editors, cover designers, and formatters, as well as marketing expenses. While self-publishing platforms themselves often have low or no initial fees, the cost of creating a professional-quality book can add up quickly.
- As a self-published author, you are essentially running a small publishing business. This means you need to handle or oversee everything from editing and design to formatting and distribution. If you don't have the skills to do these tasks yourself, you'll need to hire freelancers or use third-party services, which can be time-consuming and require project management skills.
- Without the support of a traditional publisher's marketing and distribution network, self-published authors often struggle to reach a broad audience. You'll need to invest time and effort into building your platform, engaging with readers, and promoting your book through various channels, such as social media, email marketing, and book promotion services. Competing in a crowded market can be tough, especially for first-time authors.

# How To Self Publish

- The most critical step in self-publishing is ensuring that your manuscript is polished and ready for publication. This involves multiple rounds of self-editing, followed by hiring a professional editor to refine the content. Depending on budget, you might opt for different levels of editing, such as developmental editing, copyediting, and proofreading. A well-edited book is essential for maintaining credibility and ensuring a positive reader experience.
- After editing, the next step is designing your book's cover and formatting the manuscript for publication. The cover is one of the most important marketing tools, as it's often the first thing potential readers see. It's worth investing in a professional cover designer to create a cover that's visually appealing and genre-appropriate. For the interior, you'll need to format the manuscript for both print and eBook formats, ensuring it looks professional on all devices and platforms. Many authors hire a formatter or use formatting tools like Vellum or Scrivener to streamline this process.
- Finally, you'll need to choose where to distribute your book. Amazon KDP is the most popular platform for self-publishing eBooks and print-on-demand paperbacks, offering global reach and access to millions of readers. (IngramSpark is another option that allows you to distribute your book to a wider network of bookstores and libraries, both online and physical.)
- Once you've chosen your platform, you'll upload your files, set your pricing and distribution options, and publish your book. After publication, you'll focus on marketing efforts to drive sales and build your readership.

# Examples and Case Studies

See Attached Google Document for Case Studies

<https://docs.google.com/document/d/1mwr55OYVAQm-m9ILGJxp8yOiaQm9uki8duzURU427PU/edit?usp=sharing>

## Self-Assessment

Answer the Questionnaire to see which one feels like the best fit for you

<https://docs.google.com/document/d/1qw7u9tG607WyX-xirubKqQHBknb66HwOws1APc5XU8U/edit?usp=sharing>

## Exercise (GPT Prompt)

Use the GPT Prompt to gain personalized insights into your publishing options, to make it easier for you to make an informed decision or at least know what route you would like to eventually head into

<https://docs.google.com/document/d/1qw7u9tG607WyX-xirubKqQHBknb66HwOws1APc5XU8U/edit?usp=sharing>

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