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Table of Contents

INTRODUCT	FION	1
Chapter 1	HOW IT WORKS	
	Registering	3
	Uploading all file types (method 1	6
	System Requirements	. 15
	Shipping	. 15
	Payment	. 15
	Corporate Account	16
Chapter 2	PRICING	
	Page Sizes	17
	Number of Pages	18
	Number of Copies	18
	Cover Styles	18
	Binding Styles	20
	Proof Copy	23
	Additional help with typesetting, layout & design	24
Chapter 3	MANUSCRIPT and COVER PREPARATION	
	Manuscript Preparation	. 25
	Standard Full Color Cover	. 27
	InstantPublisher Full Color Custom Design	. 27
	Customer Supplied Full Color Cover	28
Chapter 4	PAGE NUMBERING	
	MS Word Page Numbering	
	How to Begin Page Numbering	
	Page Numbering in Different Chapters	
Chapter 5	SCANNED IMAGES	
Chapter 6	SOFTWARE COMPATIBILITY	
Chapter 7	ISBN/EAN NUMBERS	
Chapter 8	eBook PUBLISHING	44
Chapter 9	SELLING YOUR BOOK	
	InstantPublisher.com Marketing Help	
	Custom Web Design	
	Mailing services	47

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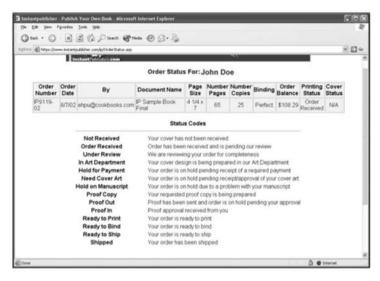
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Chapter 2

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Themes of Light
and Shadow

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and Shadow

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Printed in the U.S.A. by InstantPublishes.com

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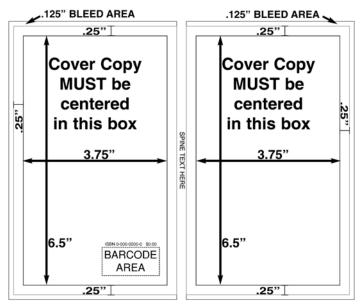
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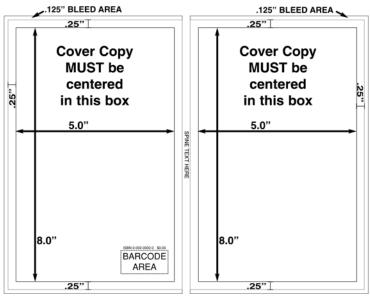
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60	5/32	.1562	220	1/2	.5000	380	7/8	.8750
70	3/16	.1875	230	17/32	.5312	390	29/32	.9062
80	3/16	.1875	240	9/16	.5625	400	15/16	.9375
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120	9/32	.2812	280	21/32	.6562	440	1 1/32	1.031
130	5/16	.3125	290	11/16	.6875	450	1 1/16	1.062
140	5/16	.3125	300	11/16	.6875	460	1 1/16	1.062
150	11/32	.3437	310	23/32	.7187	470	1 3/32	1.093
160	3/8	.3750	320	3/4	.7500	480	1 1/8	1.125
170	13/32	.4062	330	3/4	.7500	490	1 5/32	1.156
180	7/16	.4375	340	25/32	.7812	500	1 3/16	1.187
190	7/16	.4375	350	13/16	.8125			

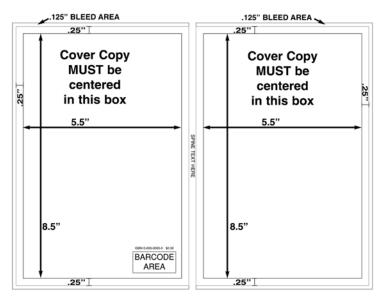
Instantpublisher.com requires an 1/8" bleed on all trim sides if your cover is to bleed. If you are printing a 5.5x8.5 book with cover bleed, the front and back panel will need to be sized to 5.625x8.75 to incorporate your bleed. Instantpublisher can accept one complete file for the cover or three separate files with front, back and spine panels.



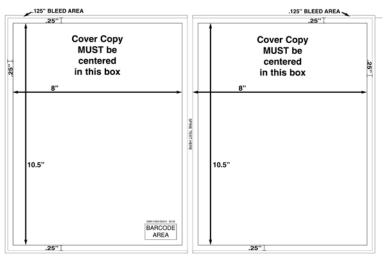
4.25" X 7" COVER TEMPLATE - PERFECT BOUND 100-PAGE BOOK EXAMPLE (see chart for measurements)



5.5" X 8.5" COVER TEMPLATE - PERFECT BOUND 100-PAGE BOOK EXAMPLE (see chart for measurements)



6" X 9" COVER TEMPLATE - PERFECT BOUND 100-PAGE BOOK EXAMPLE (see chart for measurements)



8.5" X 11" COVER TEMPLATE - PERFECT BOUND 100-PAGE BOOK EXAMPLE (see chart for measurements)

How To Create A High Resolution PDF

Q:How to Create a PDF File?

A: We always recommend you use Acrobat Distiller to create the PDF file. If you do not plan to purchase a full version of Acrobat, you can try some free PDF creation tools, such as CutePDF, available at cutepdf.com, and PDF995, available at PDF995.com.

Q: Where to configure the PDF job options in Acrobat Distiller?

A: If you have the full version of Adobe Acrobat installed, open Acrobat Distiller from All Programs (PC) or Applications (Mac), click Settings top menu, then click Edit Adobe PDF Settings to access the PDF job settings screen.

Q: What is the resolution I need to set up in Acrobat Distiller?

A: Creating the PDF file for manuscript at 600 dpi (Dots Per Inch) resolution in Acrobat Distiller is usually enough for commercial printing. However, any color images or photos embedded in the manuscript can be created or scanned at 300 dpi. The PDF file for full color cover can be created at 300 dpi.

Q: How do I set up the correct page size in Acrobat Distiller?

A: Open Acrobat Distiller, click Settings, select Edit Adobe PDF Settings. When the General settings are displayed, change the default page size from Letter size to custom size.

Q: Are there any specific rules I can follow to avoid any possible issues in printing?

A: Please follow some of the guidelines below to create the PDF:

- Set the conversion resolution at 600 DPI for manuscript and 300 dpi for the cover.
- Use High for color or grayscale image compression quality settings.
- Embed all fonts.
- Make sure the "Subset embedded fonts when percent of characters used is less than 100%" is unchecked.
- Do not use LZW compression. The LZW compression will cause the image interpreted as multiple pieces and lead to white lines printed in the final copy.
- Remove All fonts from the Never embed list.
- For manuscript, please make the PDF compatible to Acrobat 6.0 (PDF 1.5). For cover file, make the PDF compatible to Acrobat 8.1 (PDF 1.7) or under.

Chapter 4 Page Numbering

(Video tutorial available online)

Background Info on Page Numbering in Microsoft Word

Microsoft Word page numbering scheme isn't directly obvious, but it isn't needlessly complex, either. Indirect might be a good term for it. Once you understand how it works, all sorts of possibilities open up. So, for the moment, forget everything you've learned or thought you knew about page numbers. Let's start with some background info.

A new blank document consists of a single section. Each time you insert a Section Break into the document, the document gains a section.

In other words, if you create a new blank document, then choose Break on the Insert menu and select a Next Page Section Break, the document will thereafter consist of two sections: material from the start of the document up through and including the break represents Section 1. Material after that represents Section 2. (In some cases, Word inserts Section Breaks automatically, such as when you change the number of columns in part of a document.)

Page numbers are a Section Property, not a document property. A page's number is determined by only two factors: the "Start at" value assigned to the document section and the location of the page within that section.

Just because a page has a number does not mean the number will appear somewhere on the page. In fact, all pages have numbers. The number never appears unless you tell Word to display it.

To view the page setup in each section, please click View from the main menu in that specific section, and select Header and Footer. A Header and Footer tool bar will pop up. On this tool

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bar, the two most important buttons are the "Page Setup" button and the "Same as Previous" button. Any changes made to these two buttons will affect the numbering system in each section.



Any section can have up to three headers and footers: the first page header and footer, odd page headers and footers, and even page headers and footers. The actual number of headers and footers available in a given section is determined by the Different First Page checkbox and Different Odd and Even Pages checkbox in the section Page Setup dialog.

How to Begin Start to Number Page 1 from the Actual 9th Page

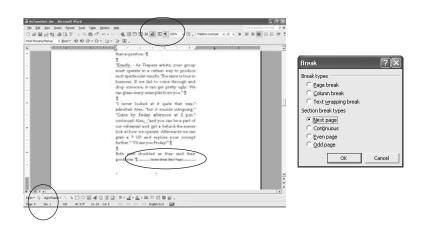
The following example was dedicated to the black and white cover books. If you would like to publish a color cover book, you do not need to upload the front cover page, the page inside of the front cover, the page inside of the back cover and the back cover page to our server. Yet, for the black and white cover book, you will need to upload all the pages to our server, including the four pages mentioned above. In this example, the first page is the black and white front cover page. The second page is the page inside of the front cover — leave it blank. The third and fourth pages are the optional blank pages after the front cover. This means one blank sheet of paper will be inserted between the cover and the title page.

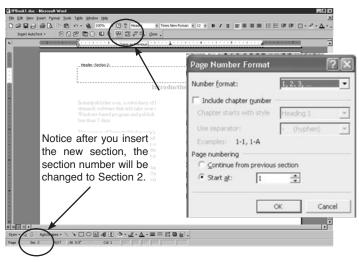
The fifth page is the title page and usually includes the title, subtitle, author, etc. The following page should be the copyright page with the word Copyright, the symbol ©, the year, publisher and the ISBN number, etc. The seventh and eighth pages are the Table of Contents pages. You do not need to number the first eight pages in this example. The book text actually starts from the ninth page. Here comes an interesting question: how to number Page One from the actual Ninth page? The diagram below shows you how to number the pages.

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1st page Cover Page Black & White Cover	2nd page The page inside of front cover (Blank Page)	(A blank sheet inserted between	4th page blank pages of paper will be the cover page title page.)	5th page Title Page Subtitle Author's Name	6th page Copyright Page Publisher, Year, ISBN, etc
7th page Table of	8th page Contents	9th page Chapter 1 Begin to number the pages.	10th page Inserted 1 blank page to ensure Chapter 2 will start from odd page number at the right hand side. 2	odd page numbers	12th page Even page numbers at the left hand side of the book. even page numbers

Click ¶ on your Word tool bar, move your cursor to the end of the eighth page (the last ¶ sign on the eighth page). Click **Insert** from the main menu, choose **Insert Break**, **Insert Section break types**, **Next page**, and click **OK**. The whole file has then been separated into two sections, section 1, Pages 1 - 8; section 2, Page 9 to the end of the file.





Then, position your cursor in **Section 2**, click **View** from main menu, choose **Header** and **Footer**, uncheck "Same as previous" button for both header and footer. This means if you insert page numbers in Section 2, the page numbers will not be inserted to Section 1. In other words, there won't be any page numbers shown on Pages 1-8.



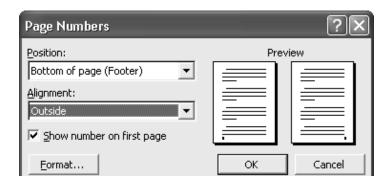
Keep your cursor in **Section 2**, click **Insert** from the main menu, and choose "Page Numbers" as shown above. Select any "Position and Alignment" options, check "Show number on the first page" as shown in this example.

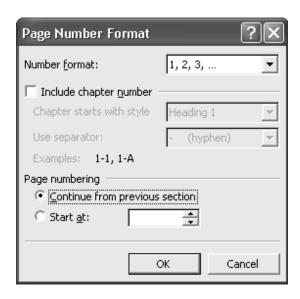
Click the **Format** button, choose the desired Number format and Page numbering then select **Start at:** and the number **1**. Click "OK", then "OK" again. Page 1 now begins on the ninth page. You can start numbering the pages with any number, though, using this same formula.

Page Numbering in Different Chapters

If you would like to number the pages continuously, yet do not want the page numbers to appear on the first page of each chapter, then you need to separate the whole file into different sections corresponding with different chapters.

After you separate the chapters into sections, position your cursor to each chapter, click **Insert Page Numbers**, and uncheck Show number on first page. Click the **Format** button, check "Page Numbering, Continue from previous section." Please refer to following screenshots.





If you want the first page of each chapter to start from the right hand side (traditionally the odd-numbered pages), do not forget to insert a blank page at the end of the previous chapter if the previous chapter ends with an odd-numbered page. In our example, the 10th page is an inserted blank page to make Chapter 2 start with an odd number.

Chapter 5 Scanned Images

As we mentioned earlier, Resolution is always the key word in any graphic topic. Color image files should be sized at "actual size" at no less than 300 DPI, or "dots per inch." By "actual size," we mean that the image file needs to be the same dimensions as the image that will be printed in your book. So if you have a color photograph that you want printed at 6" x 4" in the book, make sure that the scanned image is sized at 6" x 4" and at least 300 DPI.

If you intend to use a small image at a larger size in your book, make sure to scan it at a higher resolution rather than enlarging the image after it is scanned. Simply increasing the resolution of a low resolution scanned picture, i.e. 72 DPI to 300 DPI, will not produce satisfactory results. If you plan to use color images on your cover, make sure to scan them at 300 DPI if you want to use them at the same size they currently are. If you want them enlarged, scan at 600 DPI so you will have resolution to lose.

Resizing scanned photos will change the resolution. You will lose resolution proportionately if you increase the size of a scanned photo. For example, doubling the size of a 300 DPI image that is 2" x 2" will result in losing one-half of the resolution, making it 150 DPI. Conversely, if you have a very large image at a low resolution you can increase the resolution by decreasing its size.

All black and white line art images should be in 1-bit or "bitmap" format at 600 DPI. All grayscale images should be in 8-bit or "grayscale" format, at 300 DPI or higher. If you want to place some black and white images into your book, please remember to scan them at 600 DPI.

You probably will say the photo you scanned at 75 DPI looks great on your monitor. That's because computer monitors display images at 72 or 96 dots per inch, which means the photo looks pretty good when you view it. However, that same photo will look pretty crummy on paper since printers print at 300-600 dots per inch.

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A scan of 300 DPI or greater has more dots per inch, which means more information for the printer software to use and a better printed photo as well. Let's say your printer produces photo quality images at 720 DPI. For a photo scanned at 75 DPI, the printer software only has 75 DPI to change into 720 DPI for the printer. That's 75 "dots" for 720 spaces. For a photo scanned at 300 DPI, it has 300 DPI to change into 720 DPI for the printer.

Usually, a scanner has a 600 DPI setting. Why not scan the photo at that? Then the software will have 600 DPI to change into 720 DPI for the printer. But, remember, the larger the photo scanned, the larger the file becomes. For example, an 8" x 10" photo scanned at 600 DPI would have a file size of more than 98 megabytes and can take quite a bit of time to scan and print.

When working with scanned images or digital photos, be sure to save the files in grayscale mode unless you want them to print in color.

Chapter 6 Software Compatibility

If you're designing your own manuscript, you can use just about any program to lay out your document; then either save to pdf for uploading or use CutePDF to convert your document to a pdf. We can accept a pdf from any type of desktop publishing applications, such as Word, Publisher and PowerPoint. Other popular applications for creating your book are InDesign, QuarkXPress, Core, WordPerfect, Adobe Photoshop, Freelance Graphics, Adobe Illustrator, Visio Professional, Corel Draw, Notepad, Microsoft Excel, Lotus 1-2-3, Microsoft Binder and many more!

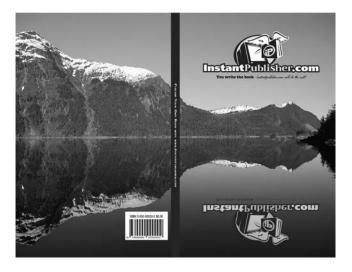
If your software is not listed above, but will print to a printer, it will work to create a pdf file.

ers, and uncheck Show number on first page. Click the Format button, check "Page Numbering, Continue from previous section." Please refer to following screenshots.

Chapter 7 ISBN/EAN Numbers

The International Standard Book Number (ISBN) is the 13-digit number on the back of a book. This number identifies the publisher and the book title. Booksellers use this number to order, price and keep track of inventory. An EAN barcode is your ISBN transferred into an OCR scannable image. InstantPublisher.com can provide both the ISBN and the EAN barcode for your book.

The ISBN and the EAN Barcode must be on the back cover of your book. Exact placement is not critical. If you utilize one of our standard covers, we will make the placement for you. A sample cover with an ISBN/EAN Barcode is shown here:



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own books in print account. Both numbers are provided with an EAN barcode for the back of your book. If you already have an ISBN number, Instantpublisher.com can create the barcode for \$15.00. To order your ISBN number, log into your account and select the order ISBN button.

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International Standard Book Number: 978-9999-9999-9

Library of Congress Catalog Card Number: 99-99999

ISSN 9999-9999

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Chapter 8 Ebook Publishing

An eBook is a digital version of your book that can be read on different types of e-Readers such as iPhones, Amazon's Kindle and Apple's iPad, etc. Many published Authors decide to go the eBook route without ever even looking at an eBook on an eBook reader. eBook publishing is quite a bit different than print publishing. eBooks are generally formatted by the end user or the device, so formatting is not quite as important but a few setup procedures are, like page breaks, in line images and clear chapter headings.

Most eBooks can be converted and assigned an ISBN for a base cost of \$159.99 following the eBook setup guidelines on InstantPublisher.com, with other options available. If file preparation is required by InstantPublisher, there is an additional \$249 setup fee. If the particular manuscript requires extra formatting, there will be an extra charge after the author is notified. This usually only applies to very long books or books with a lot of photographs.

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Keep in mind these are current royalties from Amazon and iTunes and could change. If they make that decision, we will notify all our eBook sellers. Selling on Amazon, with a standard price range between \$2.99 and \$9.99, you will receive 70% with the \$50 yearly plan or 60% with our per book sold plan of your

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retail price. Prices outside the standard price range only receive 20% of the retail price on the yearly plan or 10% with the per book plan. So we do recommend staying between the \$2.99 and \$9.99 prices, unless you are simply trying to distribute the book to as many people as possible.

If you choose to have IP list your title, checks are distributed on a quarterly basis once the royalties reach at least \$20.

For your cover design, you can either use the design from your printed book, choose a standard IP design or have IP design a custom cover for \$65.00.

Chapter 9 Selling Your Book

Writing your book is the first step to becoming a successful author. Now, you have to actually market your book to bookstores, libraries, distributors, internet providers and to the public. There are ways to receive free space in the local newspaper with a prepared news release about your book. Radio stations are always looking for new books to review and, of course, book signings in bookstores are always a very popular way to get your book in front of the public. First, you have to determine who will be interested in buying your book. Maybe college students or professionals would be interested in your book, along with the general public. Many individuals confuse the term Marketing with Sales. Marketing is actually finding various outlets for your book and then sales is having the public actually buy your book. You need to write a news release about your book, along with a cover letter, and mail a printed copy of the book to distributors, wholesalers, and bookstores. Local newspapers and bookstores in your hometown make excellent avenues for book sales, especially if you are well known in the community. You can schedule speaking engagements with local civic and church groups to explain your book.

Be sure to utilize all the free marketing features associated with the internet including Social Media; Facebook, Twitter, Instagram, Pinterest, Linked-In, etc. Also, use all the free discussion outlets, blogging news releases and radio to mention your book. Just placing your book on Amazon will not have much impact on sales as it will be buried with thousands of other books. As a matter of fact, InstantPublisher recommends you handle the sales of your own book through your own website, etc., and only use Amazon as a backup seller. The reason for this is you will make much more money this way not having to pay Amazon it's 50% and you will retain the list of people who bought your book for possible follow up sales.

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Custom Web Design - InstantPublisher also offers a custom designed website with online ordering (authors will be responsible for fulfilling orders with pre-printed books). The cost for the website design is \$498, including the first year of hosting, then \$99 per year thereafter. Remember, IP also offers a free basic website listing with an image of the cover, first 20 pages or your book and contact information for ordering.

Mailing services offered by InstantPublisher include bulk mailing of all books at one time. List processing runs \$200 for setup and CASSs certification and \$16 each book for processing. Prices do not include actual postage and envelope or mailing container.

The Basic Marketing Kit: \$75.00 with your book order

The **Basic Marketing Kit** contains the following items to spread awareness of your book and generate sales. Price includes a half hour of professional graphic design help.

- 50 (3 x 5) full color postcards featuring the cover of your book and general information.
- 50 (2 x 7) full color UV coated bookmarks.
- 5 (11 x 17) full color UV coated posters.
- A sample news release, marketing tips and a list of bookstores across the country.

The Marketing Kit XL: \$175.00 with your book order

The **Marketing Kit XL** contains everything in the basic kit plus much more. You will be able to spread national awareness of your title with this kit with minimal cost. Price includes one hour of professional graphic design help.

- 100 (3 x 5) full color postcards
- 100 (2 x 7) full color UV coated bookmarks.
- 50 full color business cards
- 10 (11 x 17) full color UV coated posters
- Marketing tips and sample news release
- Contact information for newspaper editors, book review contacts, distributors, general bookstores, and Christian bookstores.

Turnaround times can vary for Marketing Kits. You will be contacted after your book cover has been completed for the Marketing Kit process to begin. The Kits are not shipped with the book order.

Instantpublisher.com recommends that you purchase one of the complete Marketing kits; however, if you only want certain

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items contained in the kits, they are priced below with a \$50.00 minimum purchase for each item. Prices are for camera-ready art for the items.

- Postcards (3 x 5) full color -\$.20 each
- Bookmarks (2 x 7) full color UV coated -\$.20 each
- Extra covers (full color) UV coated -\$.25 each
- Posters (11 x 17) full color UV coated -\$1.00 each

Postcards are a very inexpensive and effective way to announce your book to bookstores, distributors and friends. The full color postcards feature a full color photo of your book and a short write-up on one side.

Bookmarks are always a handy tool to advertise your book. You can write a cover letter about your book or adopt our news release and mail to radio, TV, and newspapers, along with a bookmark, that will feature your book in full color.

Business cards can be handed out when you meet friends or various store owners. Just give them one of the cards and see if you can schedule a book signing or if the store will handle your book for public sales. Again, the business cards are in full color and will give your name, address and information about the book.

Full color posters are excellent in store windows advertising your book. Most store owners will let you hang the posters at no charge and they will be a daily reminder of your new book.

You can have the best book in the world, but if the word is not spread, the books will not sell. Many times, self-published books by authors who really push marketing have been picked up by large publishing companies because they have had requests from bookstores about buying their book.

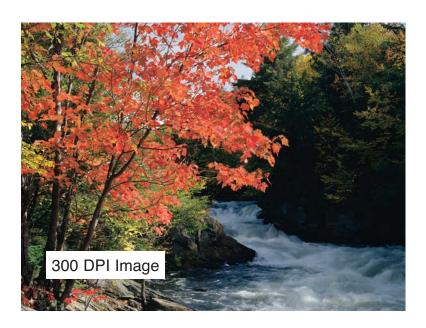
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Chapter 9 Printing In Color

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Families can design their own photo albums, color or black and white, load to the site and actually have a photo album for each member of the family less expensively than having reprints made by a photofinisher.



Family Book Sample



Authors can write and design children's books in full color, and bind for professional sales. Story books and kids cookbooks, kids coloring project books and kids draw-ing books are all perfect topics for a book printed in color.

The free software needed for this process is available for Microsoft Windows and for the Macintosh. See our site at www.InstantpublisherColor.com for details and to download the software. Although you will find that this software has few limitations, keep in mind that printing in color has some inherent differences from black and white printing.

First, the color files you will be uploading will contain much more information and will be much larger files than black and white. Having a fast internet connection is absolutely essential for the successful implementation of this process.

A broadband internet connection, such as DSL, cable or satellite is required. Also, although you will find that our process is very economical when compared with other printers, color printing is still much more expensive than black and white. All books with color photos will be printed on a higher grade white paper that not only makes a difference in price, but displays a high quality reproduction of the color files. (The handy pricing calculator on our site helps you estimate costs.)

Before you submit your color manuscript to us, please check to be sure that there is no color information on any pages you want printed in black and white only. Any color on the page, even if it is not visible to your eye, will register on our color presses.



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This will cause a delay in production of your book, as we will have to put your order on hold and contact you about the problem. You will have one of the following options:

- Correct your file to contain only the number of color pages you desire and reupload it.
- Approve the additional cost to print your file as is.
- If you would like us to convert your file to strip out the color from black and white pages, we can do this at a rate of \$50 per hour. Most files can be converted in 30 minutes or less; if your book is a large one, however, it will take longer.

Please bear in mind that even black text is sometimes actually composed of other colors, so check the text color as well, to be sure that it is composed of 100% black and no other colors.

Another important detail to check before you submit your manuscript is making sure that the color images in your file are at a resolution of 300 dpi. Please review pages 42-43 for details.

Finally, although it is possible to compose effective documents containing color images with a standard word processing program such as Microsoft Word or Corel WordPerfect, usage of a higher end layout tool such as QuarkXPress or Adobe PageMaker will produce higher quality results.

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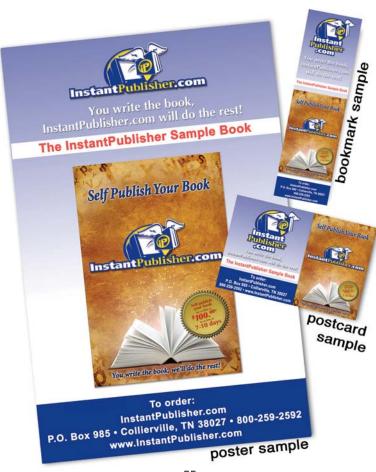
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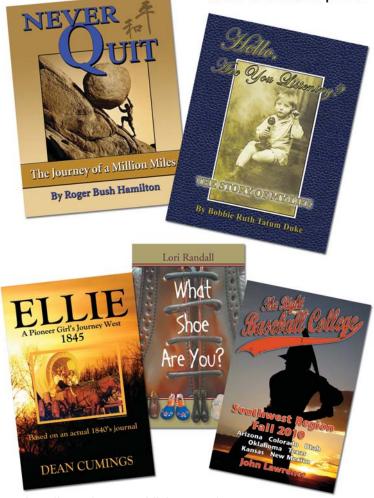
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