

Andrea Holman



# THE COLOR INSIDE

**Andrea Holman**

**THE  
COLOR  
INSIDE**

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Mock-up for our creative collaboration discussion.....

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# PROLOGUE

Vitae et, nunc hasellus hasellus, donec dolor, id elit donec hasellus ac pede, quam amet. Arcu nibh maecenas ac, nullam duis elit, ligula pellentesque viverra morbi tellus molestie, mi. Sodales nunc suscipit sit pretium aliquet integer, consectetur pede, et risus hac diam at, commodo in. Scelerisque sodales, mauris lorem non consectetur. Felis maecenas sit adipiscing elit ullamcorper non, amet pede consectetur quis rutrum sit, nec vestibulum sem, integer non felis a vel. Vel proin, sapien sit, mauris amet in semper dolor. Lacus non pariat et dolor. Risus mattis. Eu tristique erat a, morbi vel. Tempor quis elit ac maxime et. Amet mauris nec voluptatum, habitant tellus dignissim sed eros, justo fames.

## CHAPTER 1

# THESE ARE JUST IDEAS

The heart of every man bleeds red.

**A**ndrea Holman has an idea..

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I am



fearfully &

wonderfully



MADE



Psalm 139:14

## **MEDITATE**

"For you formed my inward parts;  
You knitted me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works; my soul knows it very well."  
(Psalm 139:13-14)

## **PARTICIPATE**

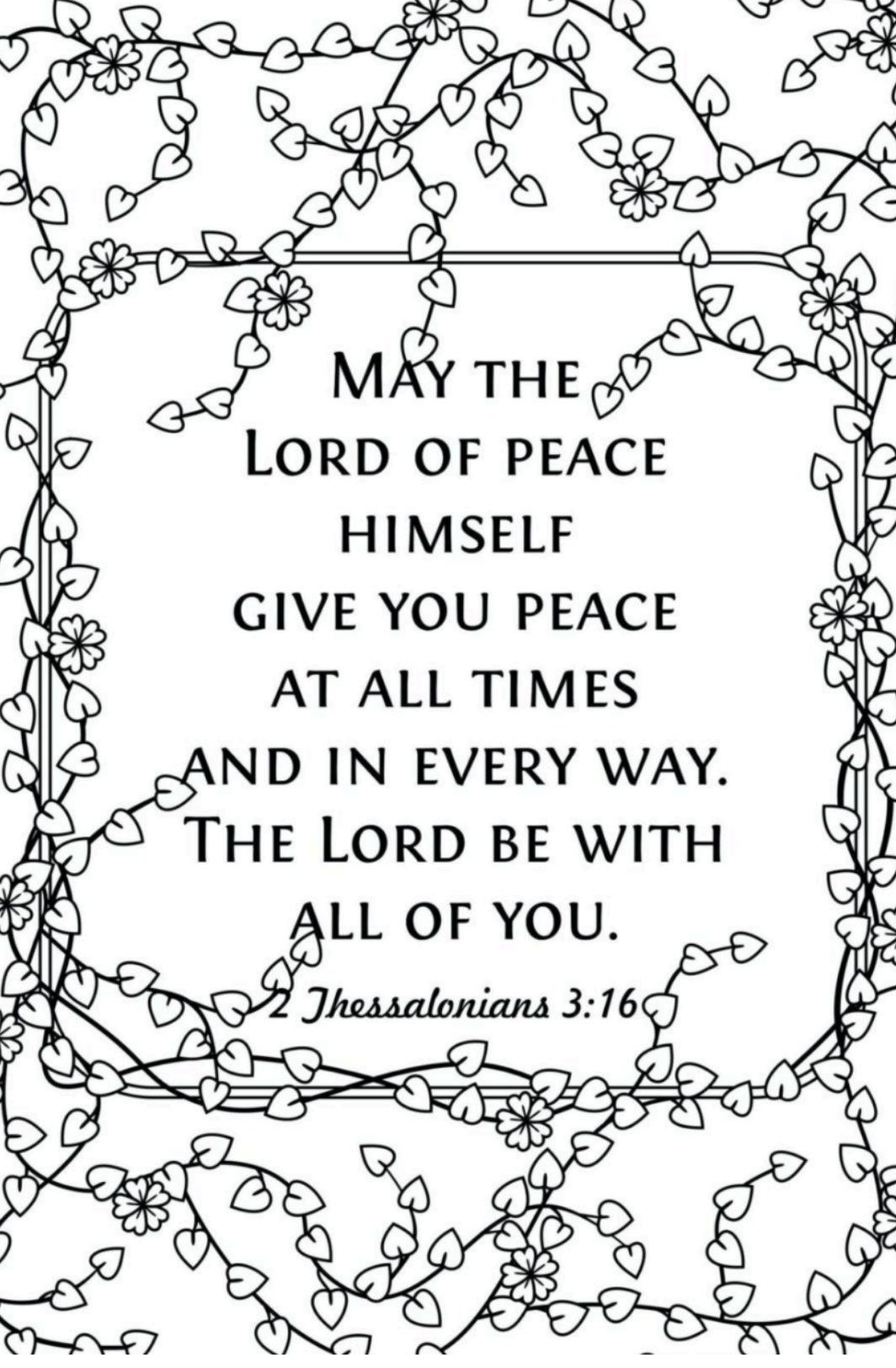
(This is where you ask questions that don't require a "yes" or "no" answer.)

## **ANTICIPATE**

(This is where you prompt the reader to spend time in "guided prayer").



A large white diagonal shape, resembling a stylized arrow or a checkmark, is overlaid on a ruled writing area. The writing area consists of horizontal lines spaced evenly down the page. The diagonal shape starts from the bottom left and points towards the top right, cutting across the lines.



MAY THE  
LORD OF PEACE  
HIMSELF  
GIVE YOU PEACE  
AT ALL TIMES  
AND IN EVERY WAY.  
THE LORD BE WITH  
ALL OF YOU.

*2 Thessalonians 3:16*

## **MEDITATE**

"For you formed my inward parts;  
You knitted me together in my mother's womb.  
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Wonderful are your works; my soul knows it very well."  
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## **PARTICIPATE**

(This is where you ask questions that don't require a "yes" or "no" answer.)

## **ANTICIPATE**

(This is where you prompt the reader to spend time in "guided prayer").

**A**ndrea Holman has an idea..Maybe share a story or anecdote that align with the verses.

You can write a brief story - not elaborate but enough to nudge the reader toward interacting with the meditation, participation, and anticipation...

**C**ontinue to share story.....





*Blessed*  
is she who has  
*believed* that  
the *Lord*  
would fulfill his  
*promises* to her.

Luke 1:45



## **MEDITATE**

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## **ANTICIPATE**

(This is where you prompt the reader to spend time in "guided prayer").

# ABOUT THE AUTHOR



Andrea Holman is a singer, songwriter, storyteller plus she hosts a popular weekly podcast 'Wake Up, Take A Minute.' Recently she released her newest book 'I Quit The Family'...





**Zoom** is one of the go-to online interview platforms for podcasting, primarily because of its above-average audio quality, built-in video recording, and ease of use for remote podcast interviews.

For most podcasters, this is the easiest and most cost-effective way to record remote video and audio. Zoom is also a well-known platform, which helps reduce the confusion for your guest. Just send your guest a link to the meeting, and they can click on it to join the call.

Zoom gives you a wide range of options for conducting the actual interview with a live video (similar to Google Hangouts). You can join a Zoom call on your phone, iPad, computer, or dial in with a landline.

As an all-in-one platform, Zoom's main drawback is its audio quality. While this option works fine for a lot of podcasters, the tool does compress your audio file to make the video streaming experience seamless. You'll likely notice a drop in quality compared to recording locally. Overall, we think Zoom is a strong remote recording option and one that will work for the majority of podcasters.

**Pricing:** *You can use Zoom's **Free plan** if you only need to record yourself and one other person. If you need to bring in three or more people, you can upgrade to their **Pro plan (\$14.99/mo)**.*

**Riverside.fm** is a new, all-in-one remote recording tool and the only one that lets users record separate tracks for audio *and* video within their browser.

Each user records their audio and video locally (to their own computer), making for studio-quality sound unaffected by changing wifi signals. Recording locally means you won't sacrifice audio quality in the process of recording your video, solving audio problems you might encounter with a tool like Zoom.

Riverside.fm lets your listeners chime in with a video call to ask questions, adding an innovative layer of interaction to remote interviews that no other recording tool offers. You can also host a live-stream podcast episode on Youtube, Twitter, or Twitch to reach more people.

This platform is an excellent option for remote recording that could also transform the way you interact with your audience and distribute your content.

**Pricing:** *Riverside.fm starts at \$29/month, and includes 10 hrs/mo of studio-quality audio and video.*

If you are looking to record the computer screen and audio associated with it, we recommend OBS software (it's free) as it allows you to create screens and record the display (requires a little bit of technical abilities to figure it out).

## **OBS**

[https://obsproject.com/?cstm=%7B%22id%22%3A%22eb92a62344d7a654e5983dc7ae5088d3%22%2C%22asrc%22%3A%22%22%2C%22src%22%3A2%2C%22ga%22%3A%221514374059.1607389737%22%2C%22usedJavascript%22%3Atrue%2C%22country%22%3A%22CA%22%2C%22region%22%3A%22Saskatchewan%22%2C%22affiliate%22%3A%22%22%2C%22affiliate\\_codes%22%3A%5B%5D%2C%22ip%22%3A%222604%3A3d09%3Ae07c%3Aed80%3Ac9c6%3A83fa%3Ab586%3Aa8cf%22%2C%22office%22%3Afalse%2C%22agreement%22%3Atrue%7D](https://obsproject.com/?cstm=%7B%22id%22%3A%22eb92a62344d7a654e5983dc7ae5088d3%22%2C%22asrc%22%3A%22%22%2C%22src%22%3A2%2C%22ga%22%3A%221514374059.1607389737%22%2C%22usedJavascript%22%3Atrue%2C%22country%22%3A%22CA%22%2C%22region%22%3A%22Saskatchewan%22%2C%22affiliate%22%3A%22%22%2C%22affiliate_codes%22%3A%5B%5D%2C%22ip%22%3A%222604%3A3d09%3Ae07c%3Aed80%3Ac9c6%3A83fa%3Ab586%3Aa8cf%22%2C%22office%22%3Afalse%2C%22agreement%22%3Atrue%7D)

Movavi looks easier to use (there is a free watermarked version to test before purchasing). Both programs are available for Mac and Windows.

## **Movavi**

[https://www.movavi.com/adv/screenrecorder/?gclid=CjwKCAiAwrf-BRA9EiwAUWwKXpHFxZM3oKmCBtbO50PWTXAxhHxMX04D5JISvItY8Va7mUW-BZnPmhxoC7gkQAvD\\_BwE](https://www.movavi.com/adv/screenrecorder/?gclid=CjwKCAiAwrf-BRA9EiwAUWwKXpHFxZM3oKmCBtbO50PWTXAxhHxMX04D5JISvItY8Va7mUW-BZnPmhxoC7gkQAvD_BwE)

## STUDIO FEEL

Equipment required to film quality sound and footage. Select a black or white backdrop - and never wear prints or patterns.

Source: <https://www.bhphotovideo.com/>

1		<p>StarTech Tripod Tablet Floor Stand</p> <p>★★★★★ 4</p> <p><b>\$72.99</b></p> <p>QTY needed 1</p>	<p>ADD</p> <p>1 <b>Add To Cart</b></p>
2		<p>Zoom AD-17 AC Adapter for Select Zoom Devices</p> <p>★★★★★ 32</p> <p><b>\$22.39</b></p> <p>QTY needed 1</p>	<p>ADD</p> <p>1 <b>Add To Cart</b></p>
3		<p>SanDisk 32GB Ultra UHS-I microSDHC Memory Card (Class 10)</p> <p>★★★★★ 1003</p> <p><b>\$8.49</b></p> <p>QTY needed 1</p>	<p>ADD</p> <p>1 <b>Add To Cart</b></p>
4		<p>Zoom H1n 2-Input / 2-Track Portable Handy Recorder with External Speaker</p> <p>★★★★★ 135</p> <p><b>\$119.99</b></p> <p>QTY needed 1</p>	<p>ADD</p> <p>1 <b>Add To Cart</b></p>
5		<p>Rode Wireless GO Compact Wireless Omni Lavalier Microphone System</p> <p>★★★★★ 103</p> <p><b>\$278.00</b></p> <p>QTY needed 1</p>	<p>ADD</p> <p>1 <b>Add To Cart</b></p>
6		<p>Westcott 18" Bi-Color LED Ring Light Kit</p> <p>★★★★★ 14</p> <p><b>\$199.90</b></p> <p>QTY needed 1</p>	<p>ADD</p> <p>1 <b>Add To Cart</b></p>

DISCUSSION: All things podcast, video series, and ancillary products.

### **Topics Ideas for Series**

#### **<6 WEEKS TO A BETTER BODY>**

Chaos & Clutter (week one)

- Sometimes I find chaos and clutter in my home...but more often than that I also find it in my head. And what's worse is when I find both chaos and clutter in my heart. Today we're going to dive into how to recognize the chaos that's just noise, and how to get rid of the clutter in our heart, mind, and soul.

Tasks & Time (week two)

#### **<THE COLOR INSIDE>**