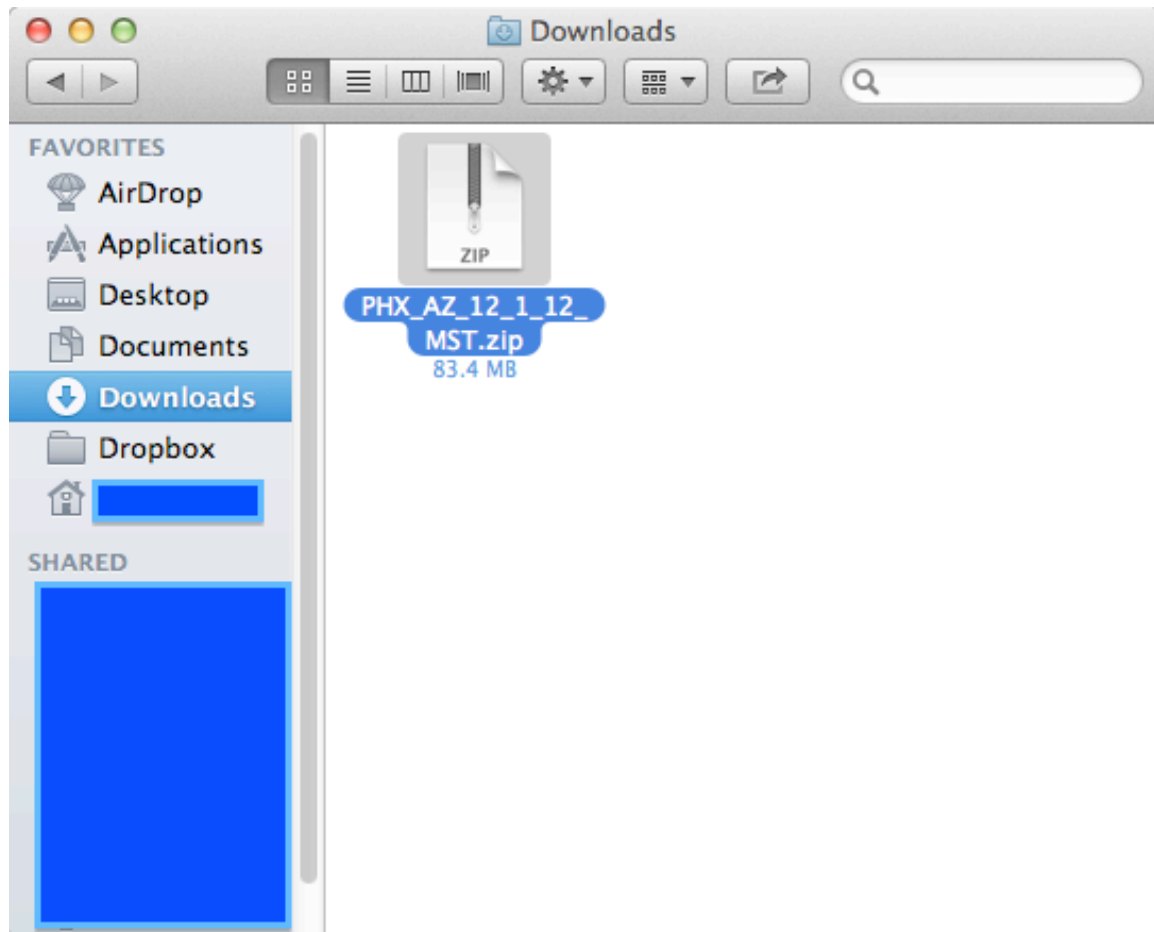


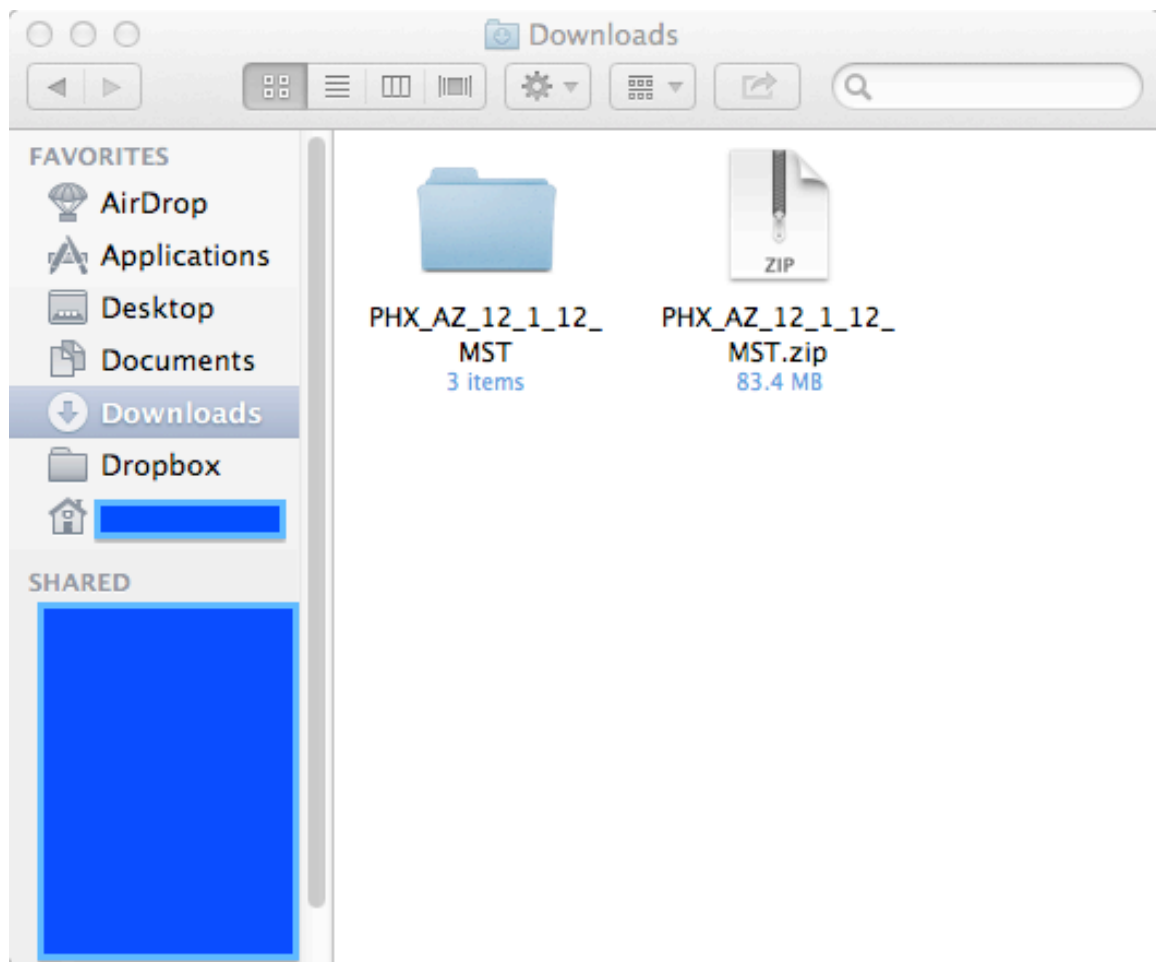
## HOW TO UNZIP YOUR MP3 FROM ABRAHAM-HICKS.COM

### *Mac OS X Users*

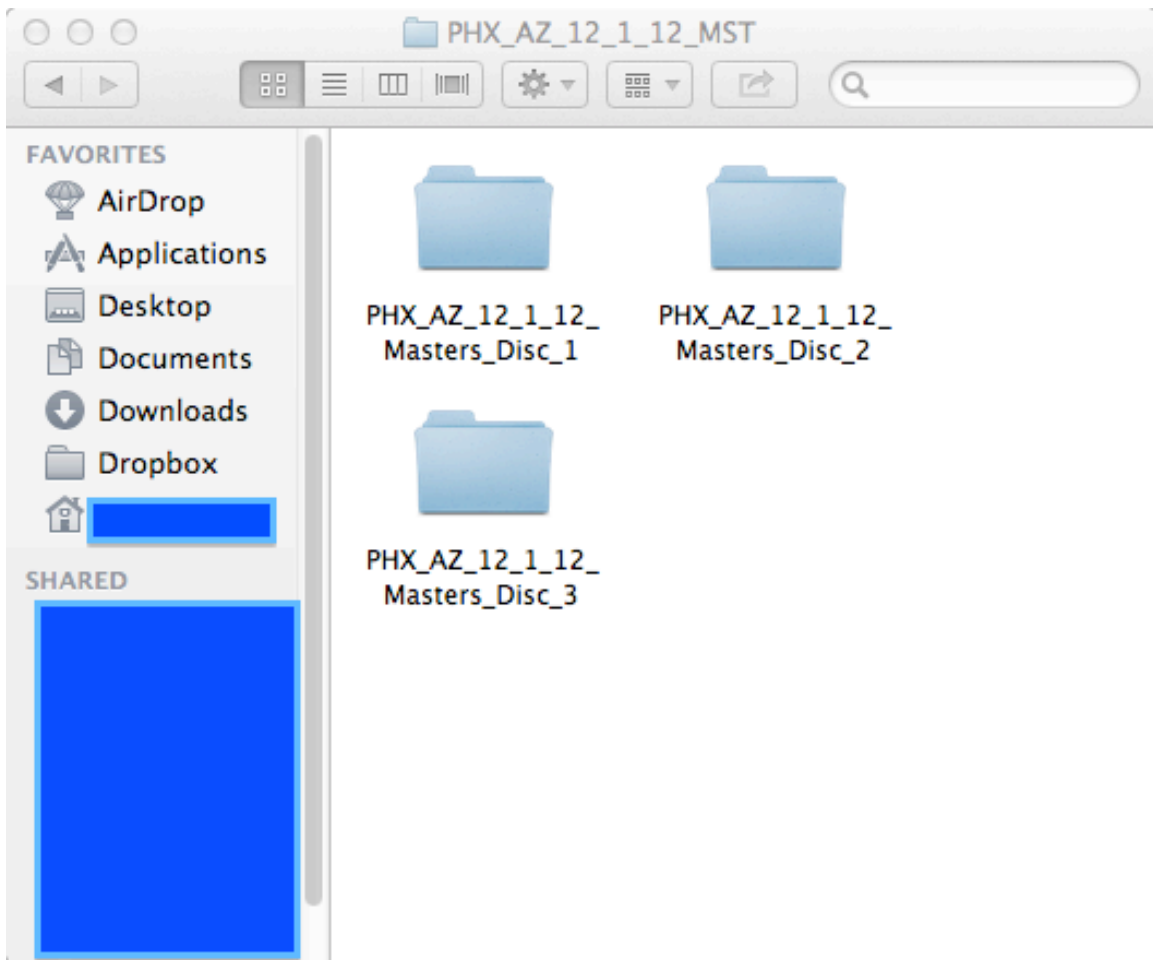
The .mp3 albums purchased from the Abraham-Hicks Publications web store are delivered as a .zip file. Once you have downloaded the .zip file, you will need to extract the .mp3s. The default location of downloaded content in OS X is the Downloads folder, located in the home directory. No additional software is necessary to unzip the file. Once you locate the file you purchased, double-click the file.



When you double-click the file, OS X will automatically unzip the file and create a new folder in the same location as the .zip file; i.e., if your .zip file was in Downloads, then your new folder will be in Downloads, too.



If you purchased a Complete Workshop Recording, you will have three subfolders. Each folder contains one full session from that date's workshop. The folders are labeled Disc 1, Disc 2, etc., to correspond to each session. . If you purchased a Workshop Highlight Recording, skip this step.



Congratulations! You are done with the unzipping process. From here, you can drag the .mp3 files directly into iTunes.

