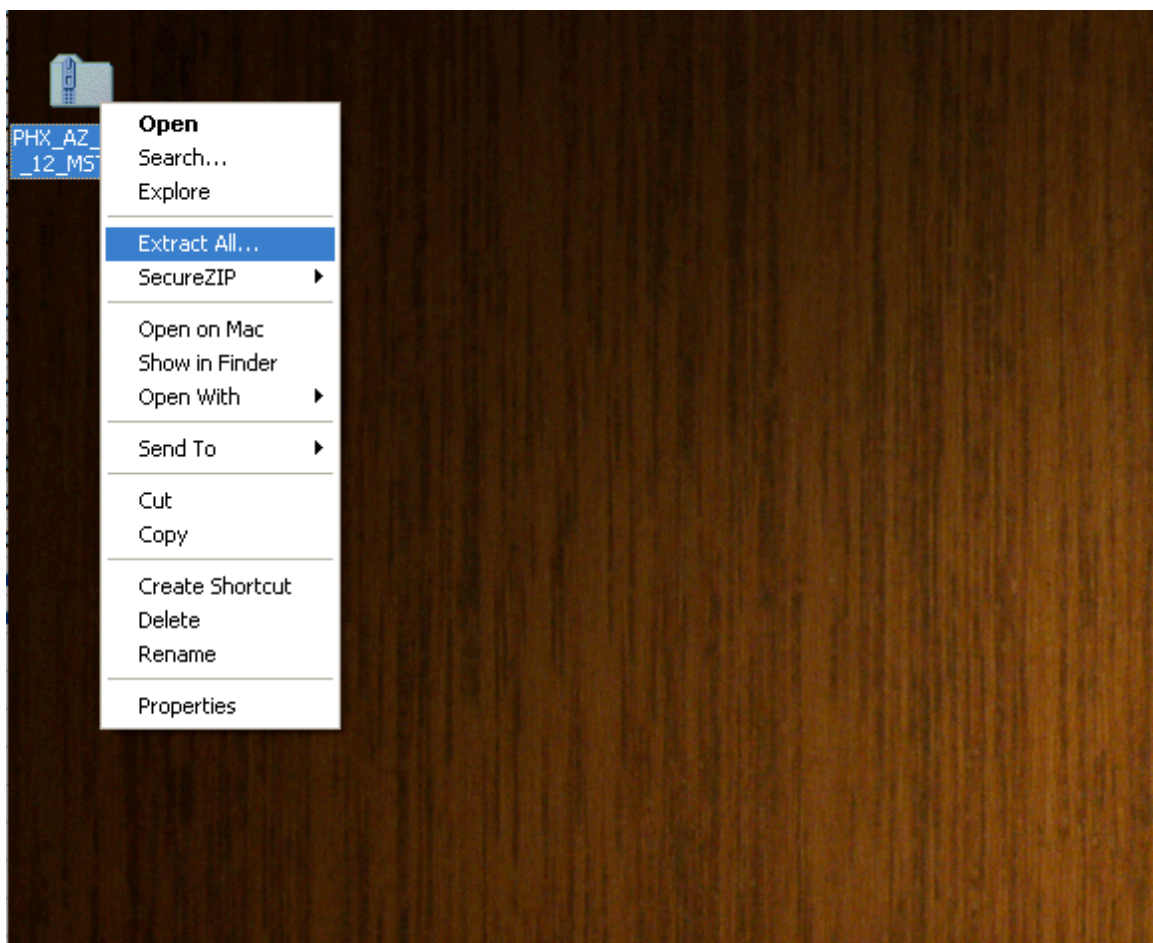


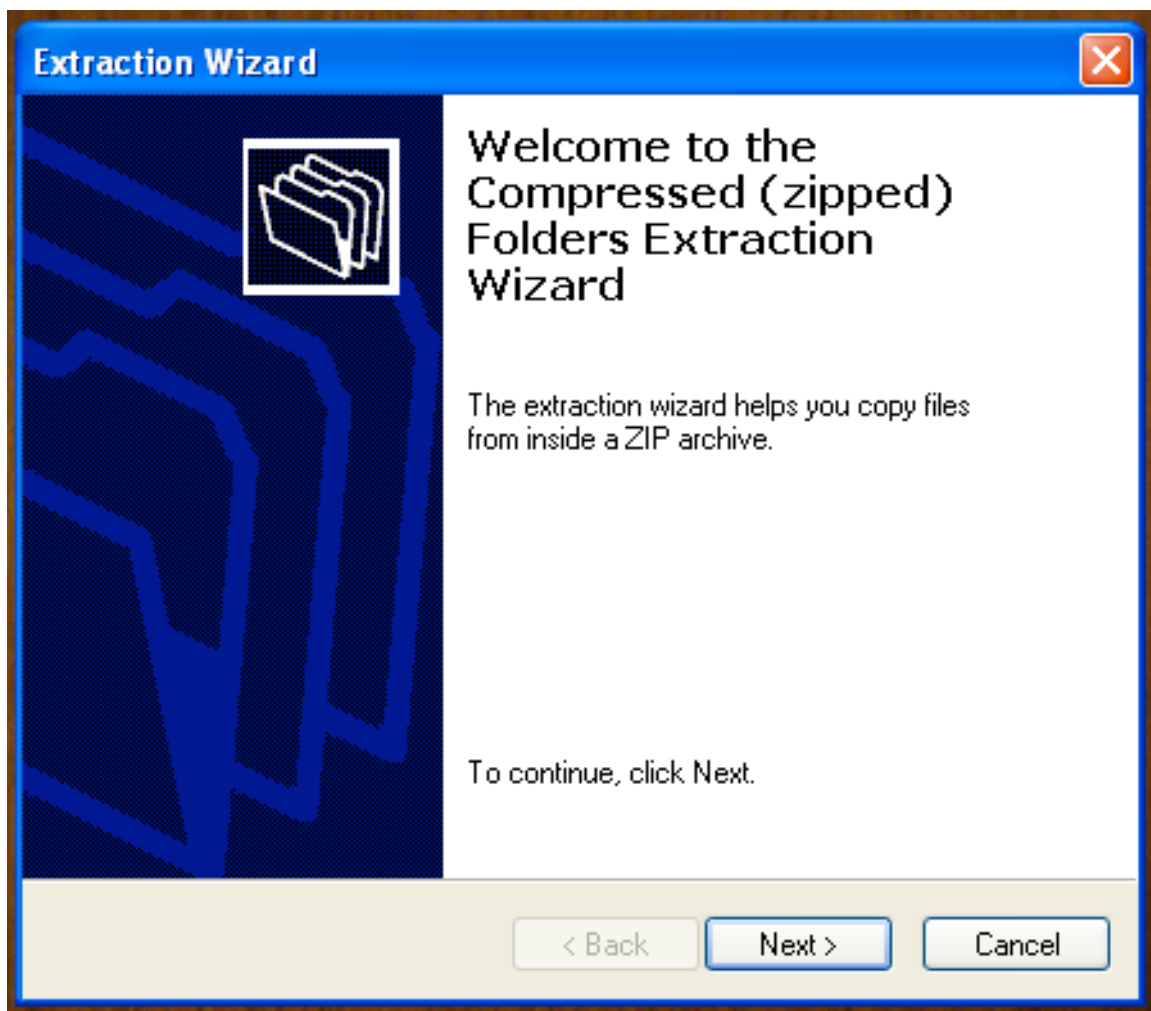
# HOW TO UNZIP YOUR MP3 FROM ABRAHAM-HICKS.COM

## *Windows XP Users*

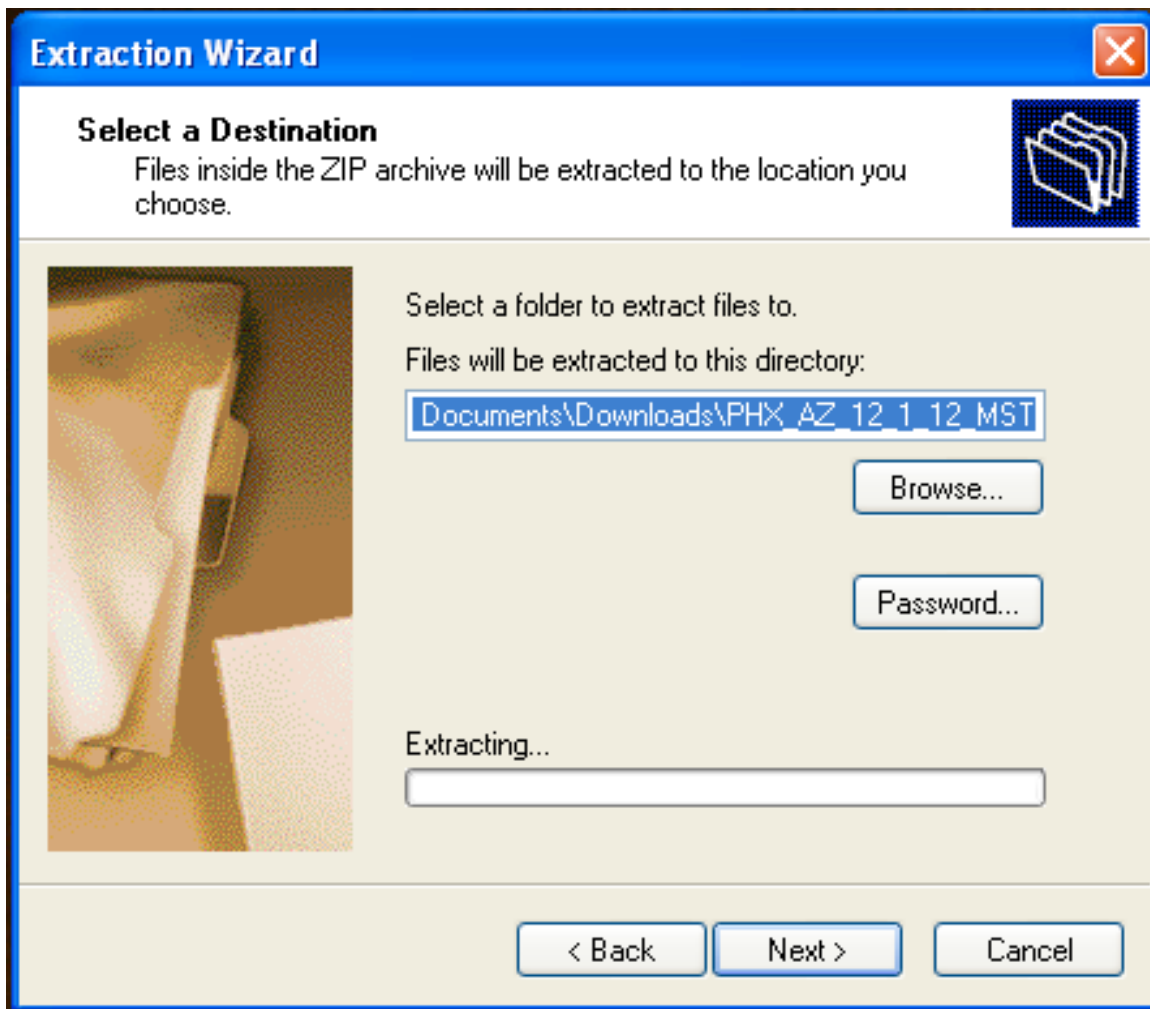
The .mp3 albums purchased from the Abraham-Hicks Publications web store are delivered as a .zip file. Once you have downloaded the .zip file, you will need to extract the .mp3s. The default location of downloaded content in Windows XP is the Downloads folder, located in My Documents. No additional software is necessary to unzip the file. Once you locate the file you purchased, right-click the file and choose "Extract All."



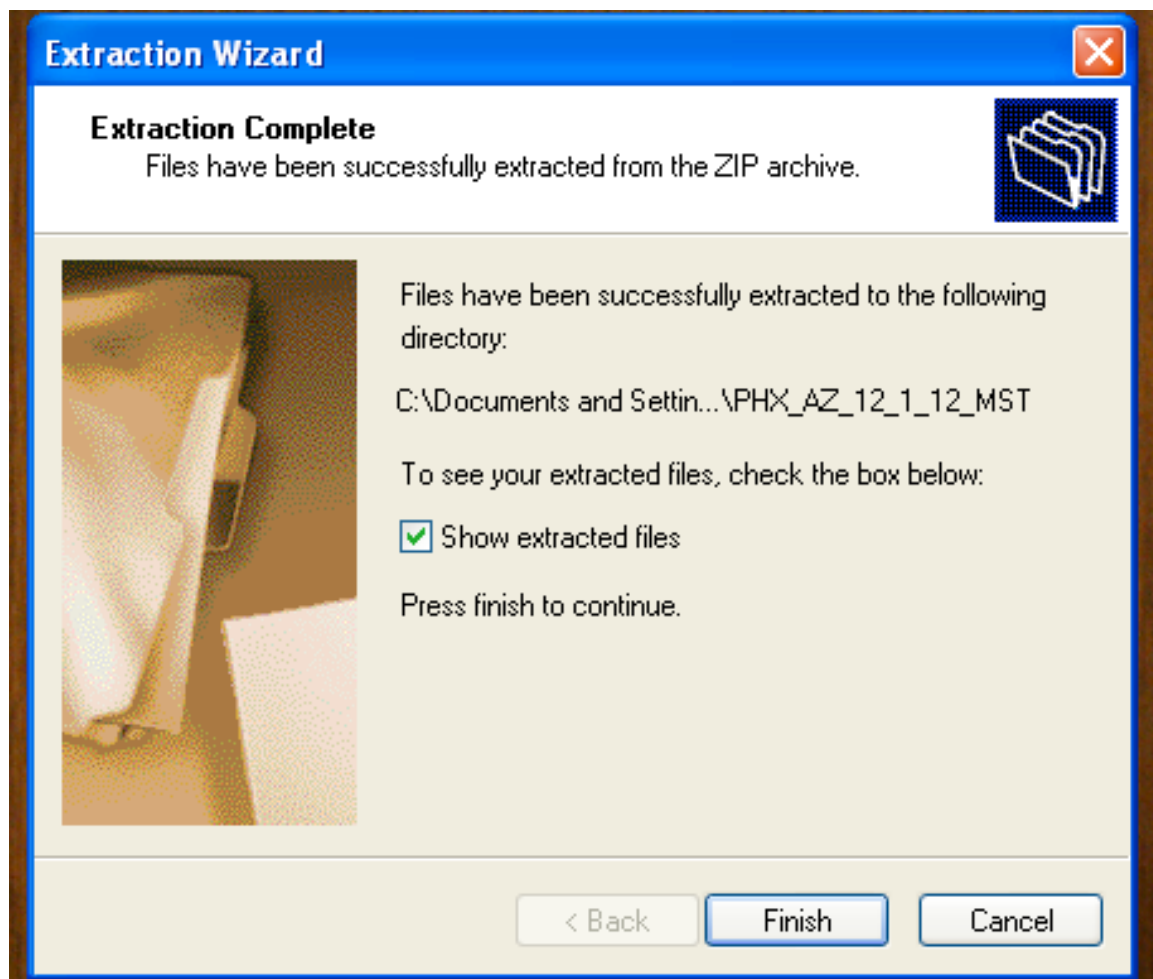
You will then be taken into the Compressed Folders Extraction Wizard, a function built into Windows XP. Click "Next."



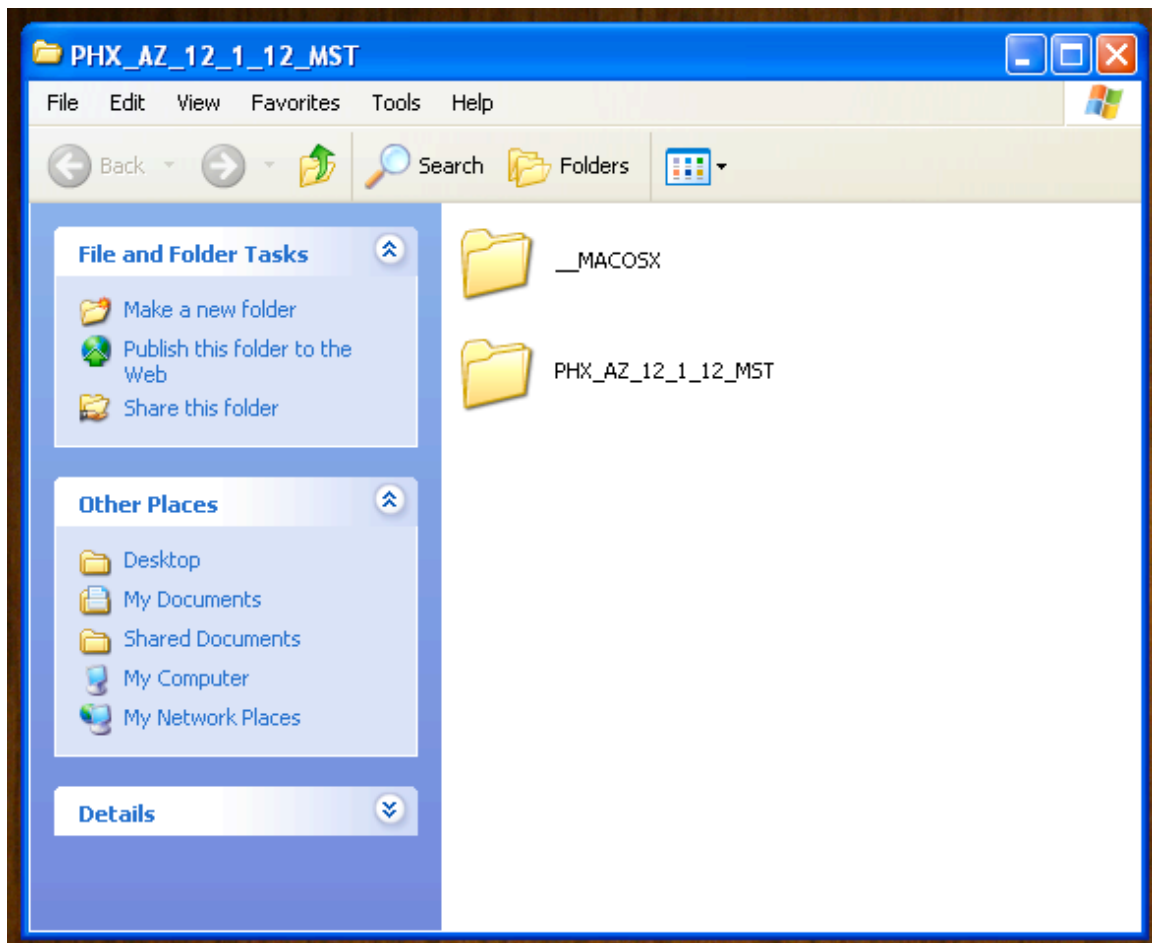
You will be prompted to select a destination for the folder that Windows XP is about to create. Currently, it's going to use the same location (directory) that the .zip file is in. So, if the .zip file is in your Downloads folder, then Windows will create the folder in the Downloads folder. Once you are satisfied with the destination, click "Next."



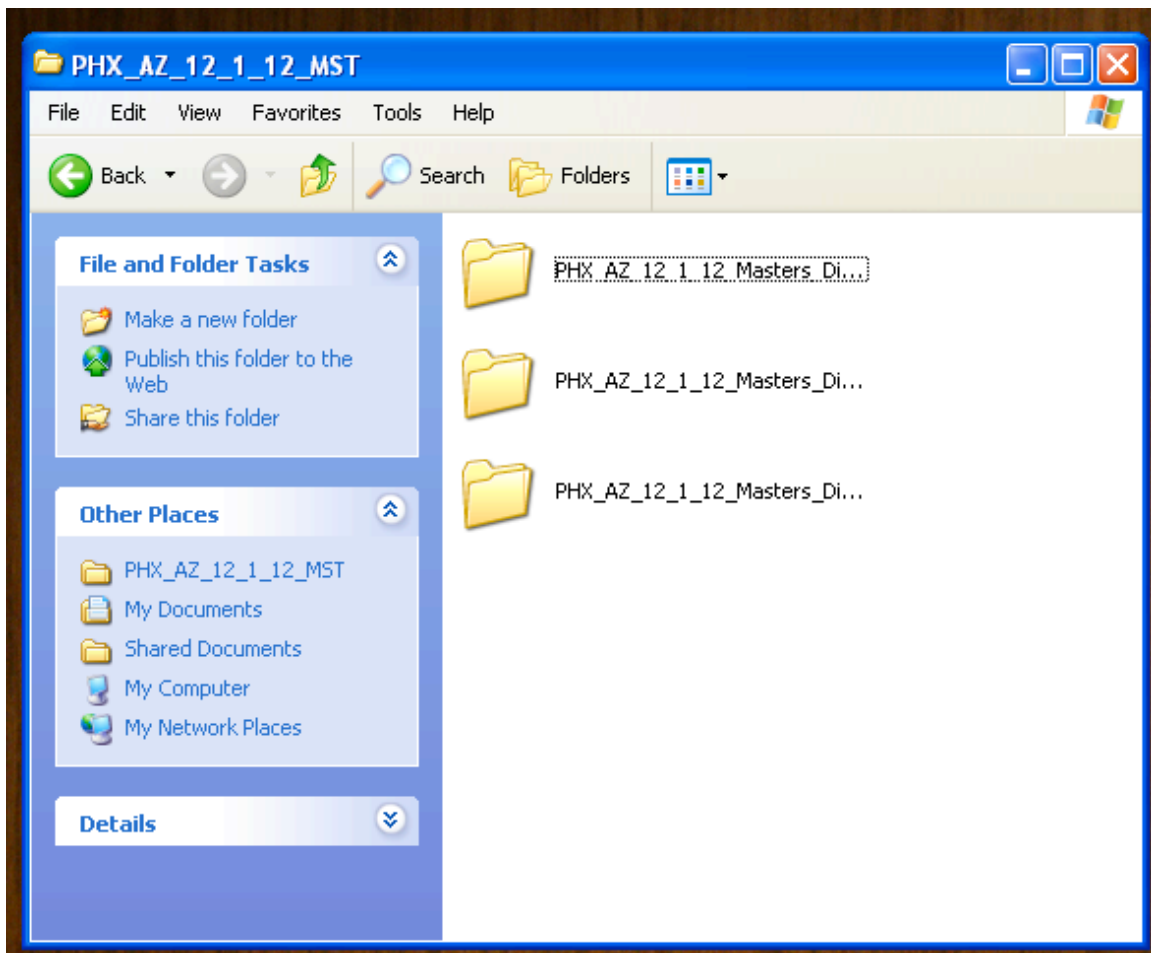
You have successfully extracted the .mp3 files! Please note the checkbox below. If you leave the box checked, then when you click "Finish," Windows will go ahead and open the folder for you and show you the contents.



The folder will contain two folders. The folder with the city and date in the name is the folder that contains your .mp3s. Disregard the “MACOSX” folder.



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 into your favorite media player software.

