

Downloading iTunes:

- Go to <http://www.apple.com/itunes/download/>
- Click the radio button next to your specific operating system
- Enter your email address
- Click the "Download iTunes 7.0.1 - Free" Button

Installing iTunes:

- Double click on the application you have just downloaded (In most cases, the application has downloaded either to your Desktop or to your Downloads folder)
- Follow the instructions and select where to install the program
- Click the "Close" button when done

Subscribing to Kim's Podcast:

- Navigate to where you chose to save the program and launch iTunes
- When iTunes opens, click in the search bar in the upper right corner (Labeled "Search iTunes Store")
- Type in your search, i.e. Kim Foley Podcast
- Click on the picture of Kim
- A description of the podcast pops up with a "Subscribe" button
- Click the "Subscribe" button
- A popup warns you about subscribing, click the "Subscribe" button (Once you have subscribed, the current podcast and all future podcasts will automatically be downloaded to your computer)

Viewing Kim's Podcasts:

- Locate the LIBRARY section of iTunes in the left column and click on the "Podcasts" link
- Click on the arrow next to "Kim Foley"
- If you'd like to download previously released versions of the podcast, click the "Get" button for each episode you wish to download
- A blue dot appears next to the episode when the download is complete
- Double click the downloaded episode to view it in the lower left window
- Click anywhere on the small video screen in the lower left window to bring the window to the center of your screen. If you'd like to view the podcast at a larger size, resize the window by dragging its corners.