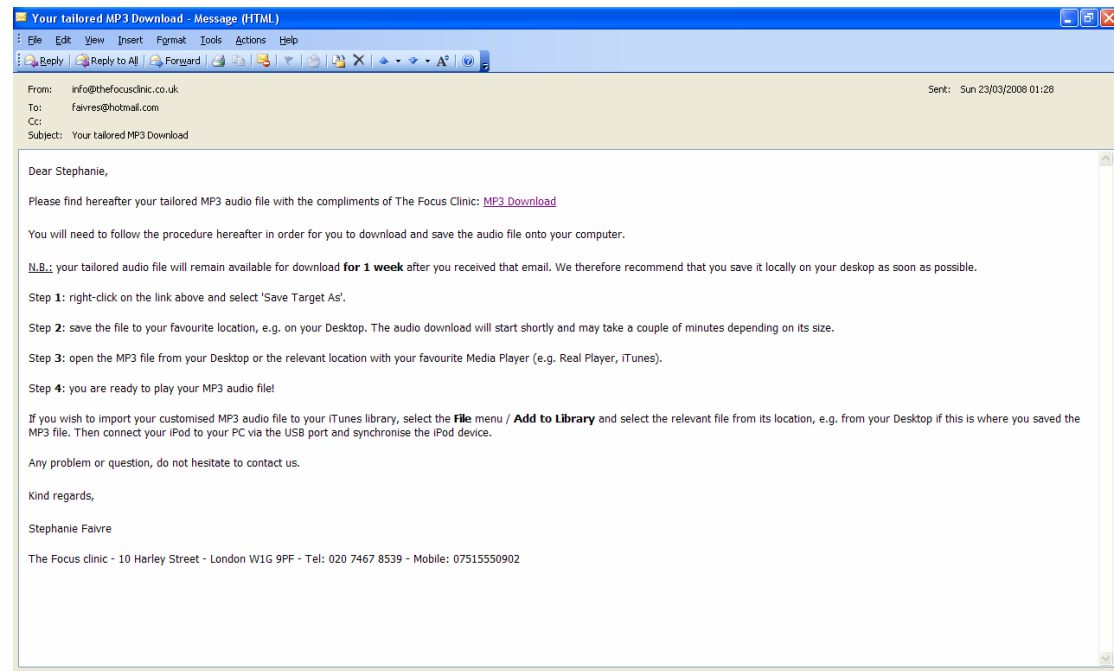


MP3 DOWNLOAD GUIDE

Welcome to The Focus Clinic's MP3 Download Guide! Please note that this guide only applies to PCs.

Follow the step by step procedure hereafter in order for you to download your tailored FOCUS MP3 audio file.

Open the email received from The Focus Clinic



Follow the easy step by step procedure hereafter. N.B.: the procedure will also be available in the email

Step 1: from the email right-click on the MP3 link and select 'Save Target As'.

N.B.: if the 'Save Target As' option does not appear in the options list, this means that you are either trying to use **GMail with Google** or **Microsoft Outlook**. Both email programmes sometimes disable the 'Save Target As' option.

The solution in this case is to use a different email programme if you have one, e.g. Hotmail. Please contact The Focus Clinic if the problem persists.

Step 2: save the file to your favourite location, e.g. on your Desktop. The audio download will start after a couple of seconds and the audio file may take a few minutes to be fully downloaded on your machine.

Step 3: open the MP3 file from your Desktop or the relevant location with your favourite Media Player (e.g. iTunes)

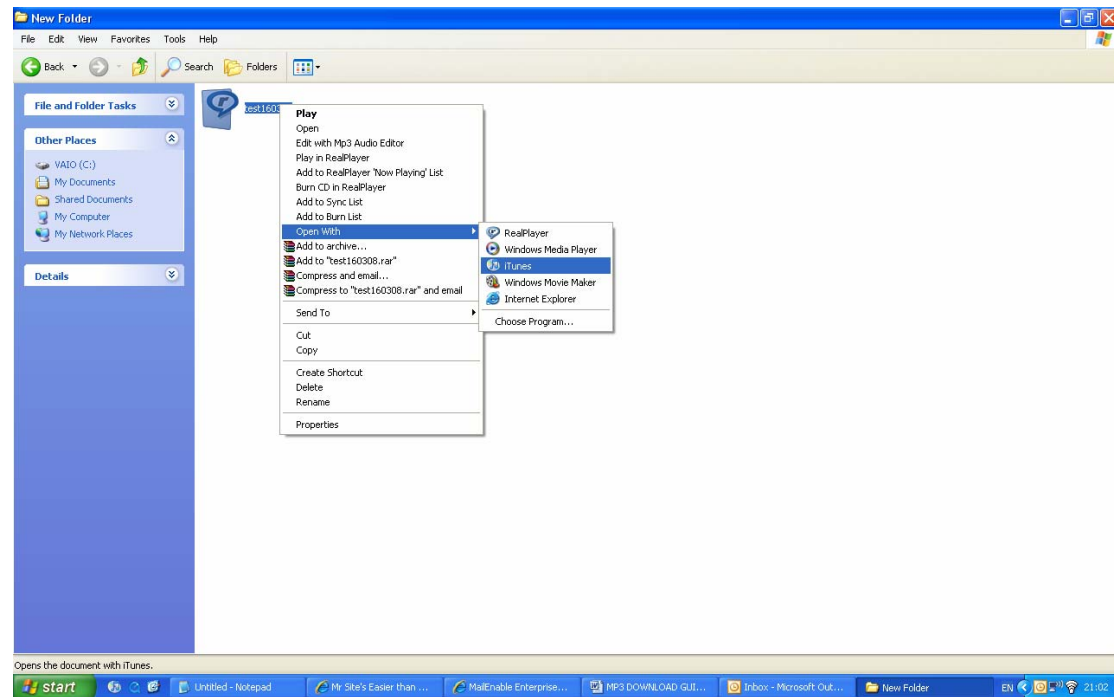
Step 4: you are ready to play your MP3 audio file!

If you wish to import your customised MP3 audio file to your iTunes library, select the **File** menu / **Add to Library** and select the relevant file from its location, e.g. from your Desktop if this is where you saved the MP3 file. Then connect your iPod to your PC and synchronise the iPod device.

How to synchronise your tailored MP3 with your iPod:

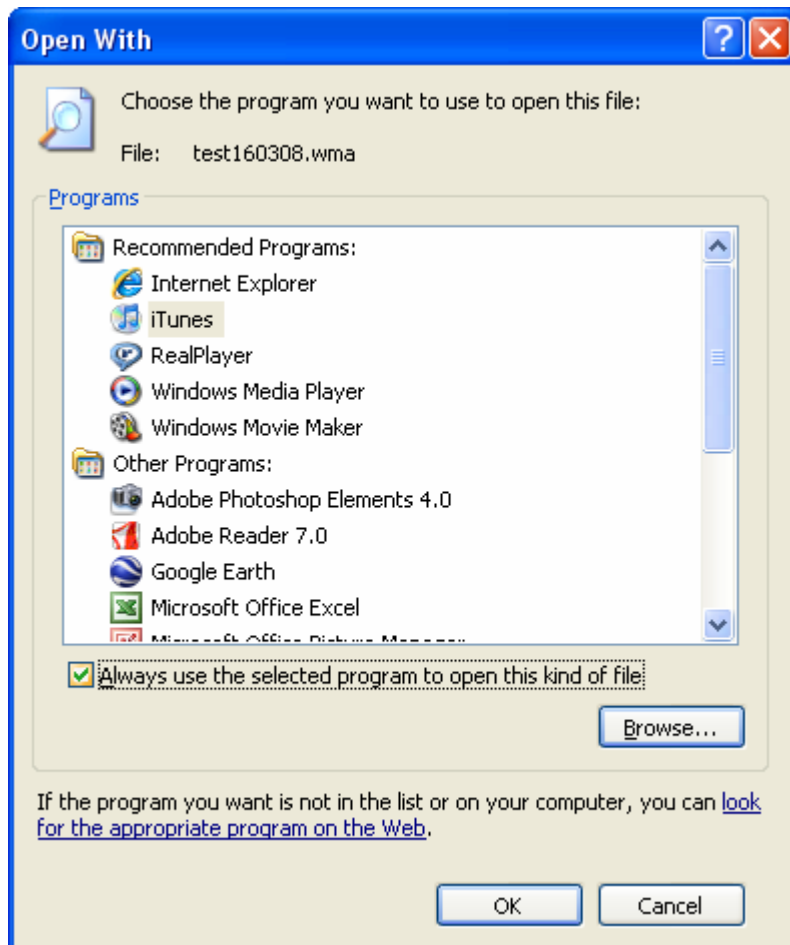
Step 1: from your Desktop, locate your customised MP3 audio file and right-click on it.

Step 2: select 'Open it with iTunes'



If iTunes does not appear in the list, select 'Open with – Choose programmes – Browse' and browse c:\Program Files\iTunes\iTunes and click 'Open'.

Ensure that 'Always use the selected program to open this kind of file' is ticked if you wish to open all your MP3 files with iTunes (see below).



Step 3: plug in your iPod to your computer and click 'Sync' so that the iPod gets synchronised with your MP3 audio file.

Step 4: you can now enjoy your MP3 file through your iPod!