

How to download each day's show to listen on your iPod or iPhone

-Click on **Download** under the **Listen Now** button

Standard Podcasts: Hide Player | Play in Popup | **Download** | Embeddable Player | Hits

-A new tab or page will open that will have a green **[Download Here]** button on it.

- Click **[Download Here]** and a new tab or window will open in your browser. The show will download in the new page. Wait until the download is finished (watch the slider fill in to the end).

-Go up to **File** and choose **Save Page As** in Firefox, or **Save As** in Safari, and choose where to save the .mp3 file, then click **Save**. (I save it to my desktop - ex:File name 080731 means 2008, July 31st).

-Open **iTunes** and drag the mp3 file and drop it into **Music**.

-Sort your **iTunes** window by **Name** and the *Let's Talk About It* mp3 should be at the top if you kept the same file name. ex:**080731.mpg**.