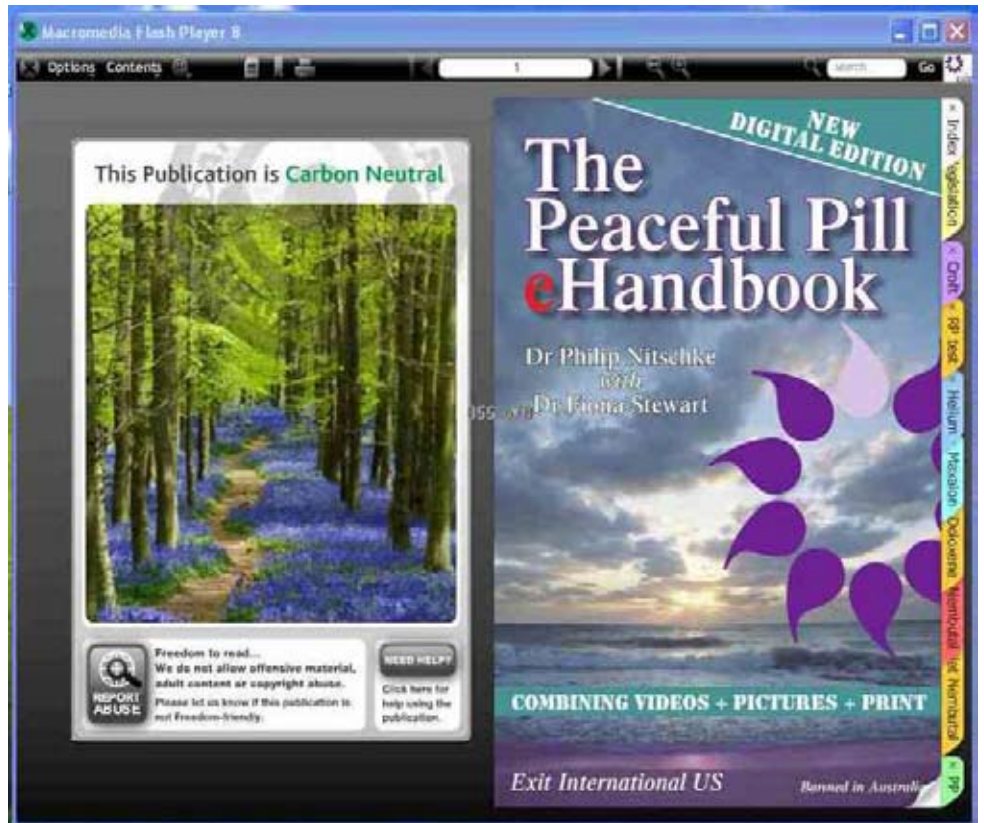




Downloading the Peaceful Pill eHandbook

Step #1:

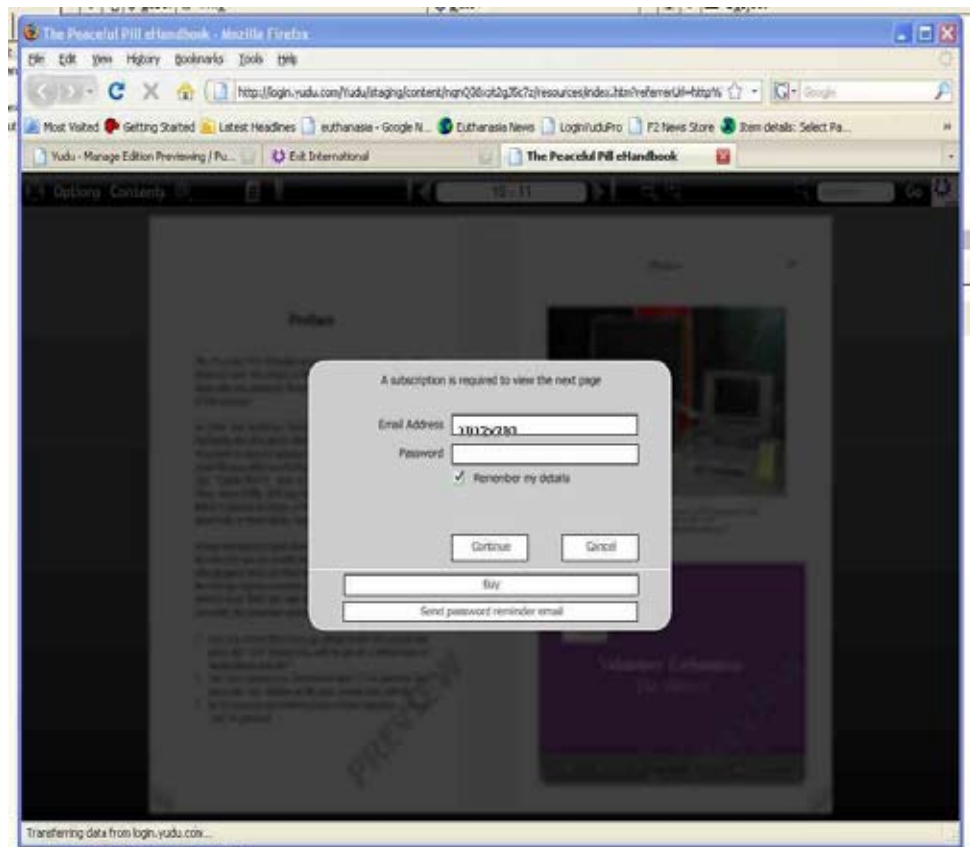
Open the On-Line Version of The Peaceful Pill eHandbook using the web address provided in your confirmation email.



Step #2:

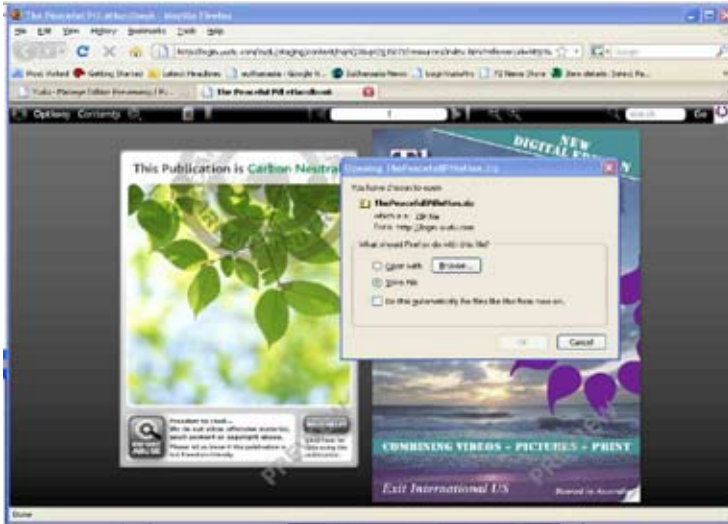
After browsing a few pages you will be asked for your login details (also contained in your confirmation email) that have been provided by email.

Enter email address & password.
Click 'Options' in the top left corner of your screen.
Click 'Download offline version'.



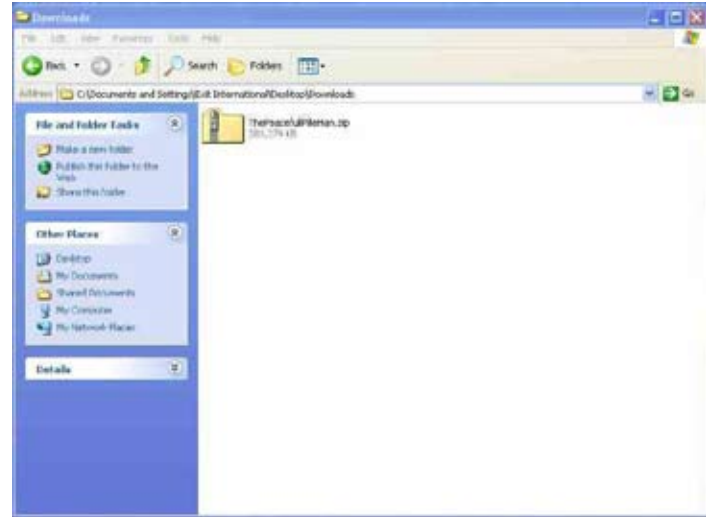
Step #3:

You will be told you are about to open *ThePeacefulPilleHan.zip*
Choose the 'Save' option



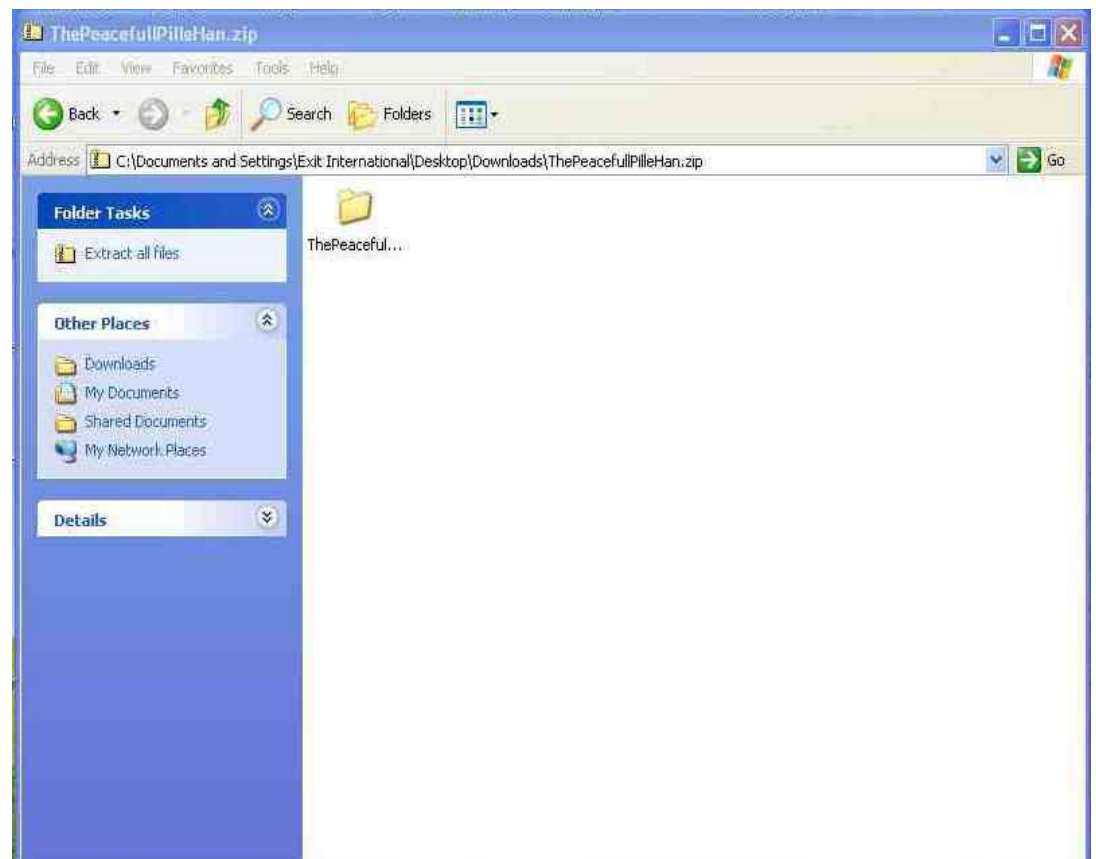
Step #4:

The saved .zip folder will appear in the chosen file.
The file size is 280Mb.
Double click on the .zip file.



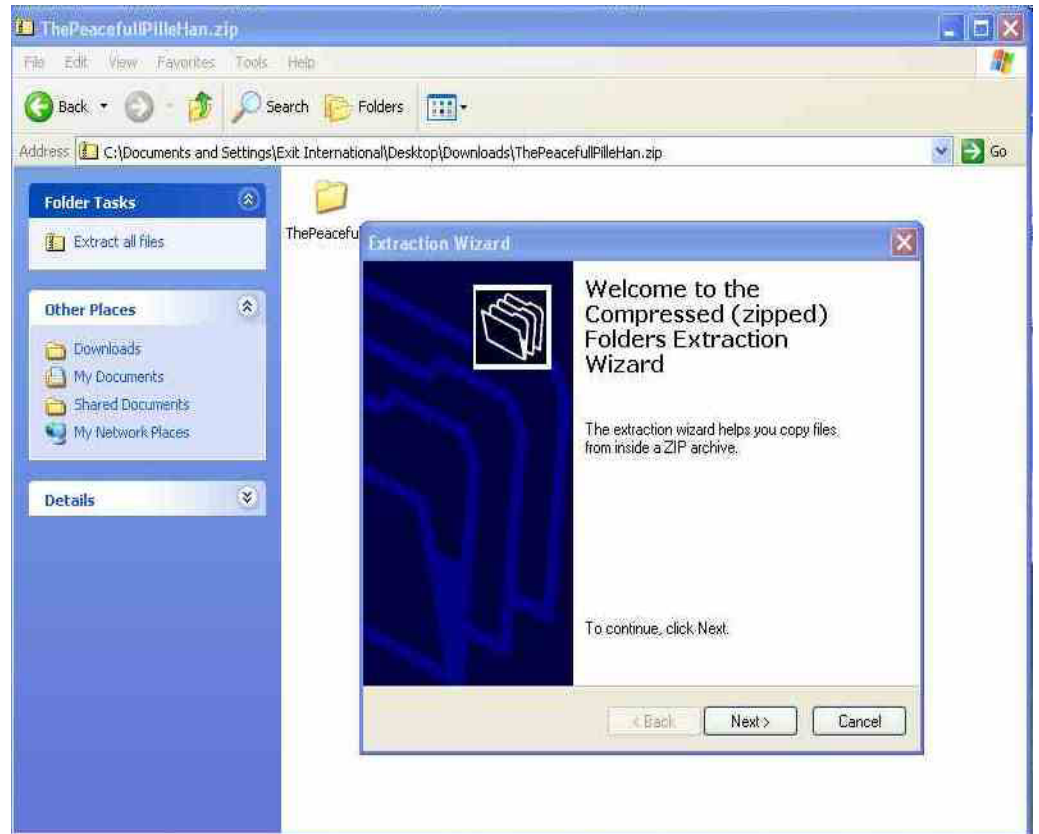
Step #5:

The zip folder will appear with the option 'Extract all files'
Choose this option.



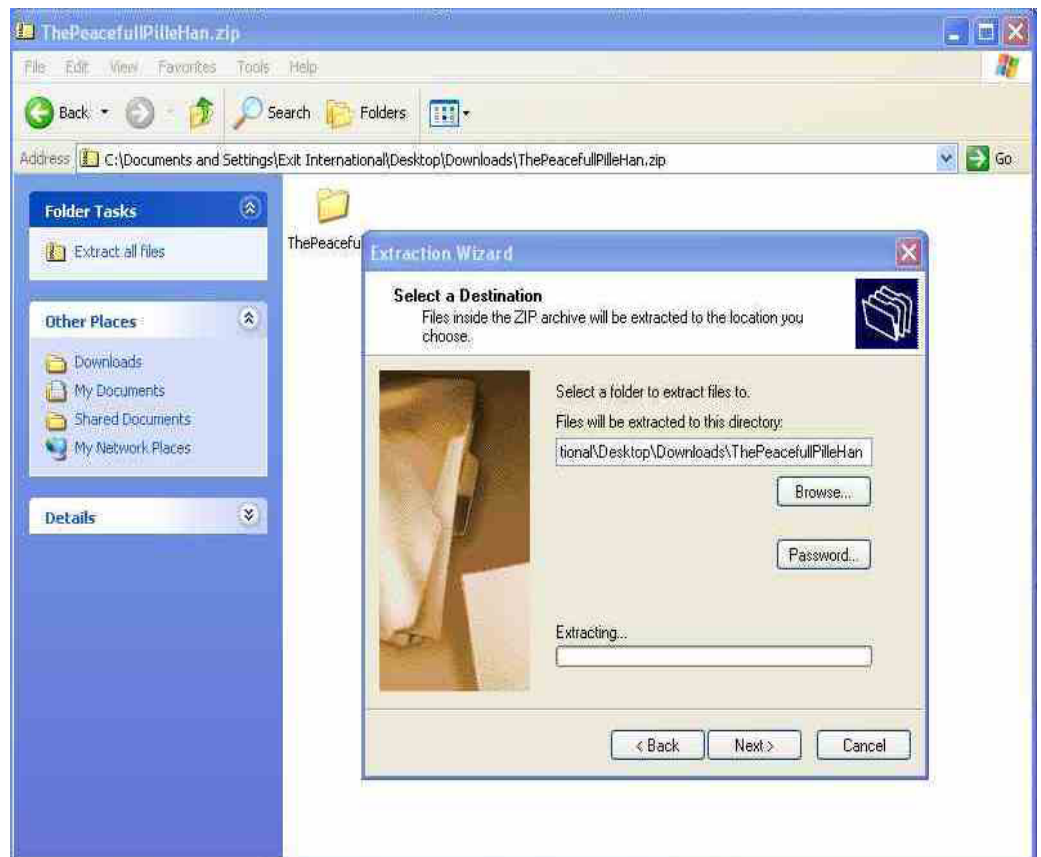
Step #6:

The Compressed (zipped) Folders Extraction Wizard will appear - click 'Next'.



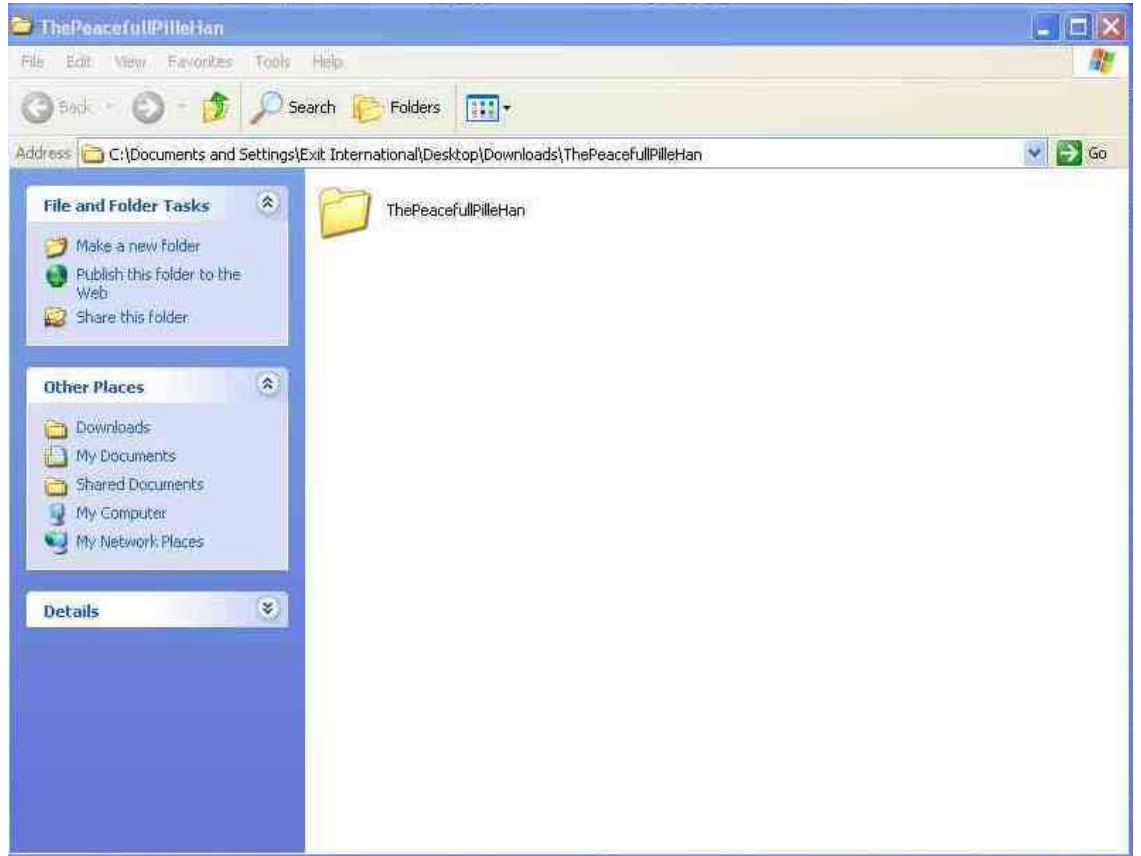
Step #7:

Choose a location to store the extracted files (eg My Documents) - click 'Next'.



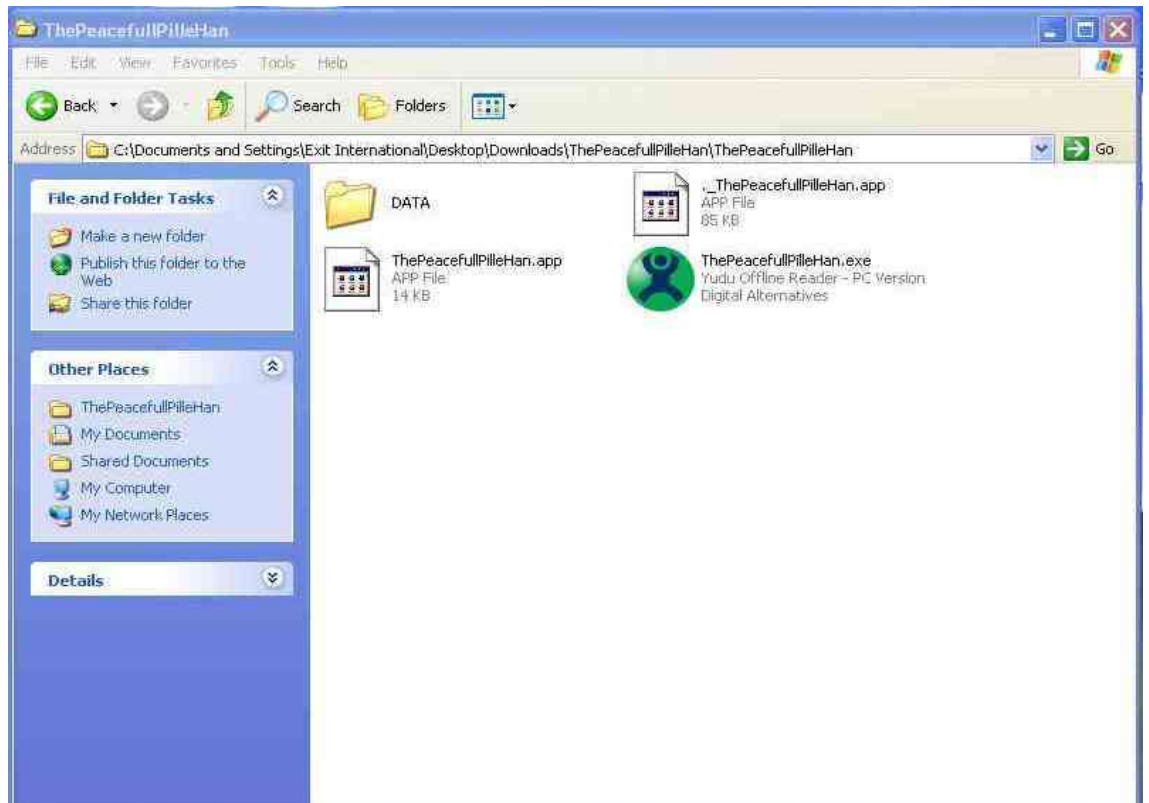
Step #8:

A folder with the extracted files will appear in the designated site. Open the Folder



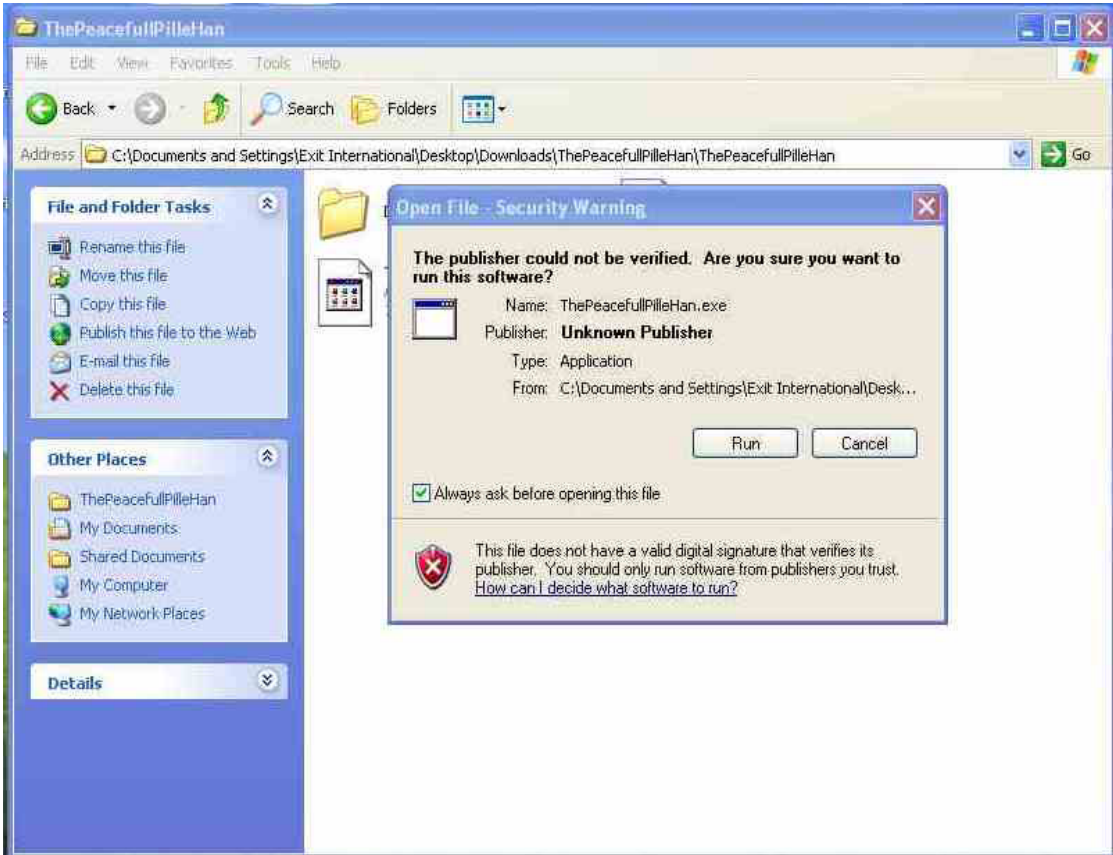
Step #9:

One extracted file is titled: *ThePeacefullPilleHan.exe*. Click on this. There is no need to open the 'Data' Folder.



Step #10:

You may be advised that the Publisher can not be verified. Click - 'Run'.



Step #11:

The book now opens, videos can be run, and pages can be book-marked, indexed and printed.

NB: When upgrades are made to the eHandbook this process needs to be repeated if you wish to download the most current copy.

