

# How to Download: In 3 Easy Steps

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- You will need Apple's Quicktime software to view your videos. Click [here](#) to download Quicktime from Apple.
- Downloading may take a little longer - but the file will be stored on your computer so you can put it on your MP3 player or listen from your computer speakers. Right-click on the download icon and select "Save Target As...". Remember where you save your file. Once it's downloaded, just click on it to play it.
- Streaming will allow you to listen quickly, but will not store the file on your computer. Windows Vista users: please right-click on the stream icon and select "Save Target As...". Once you have saved the file, double-click to start streaming your program.

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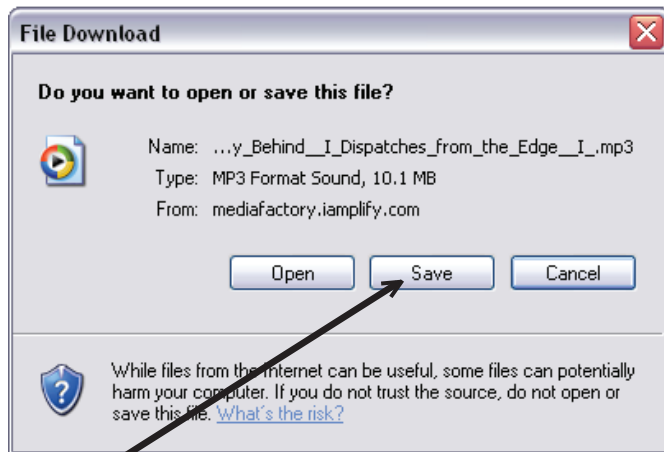
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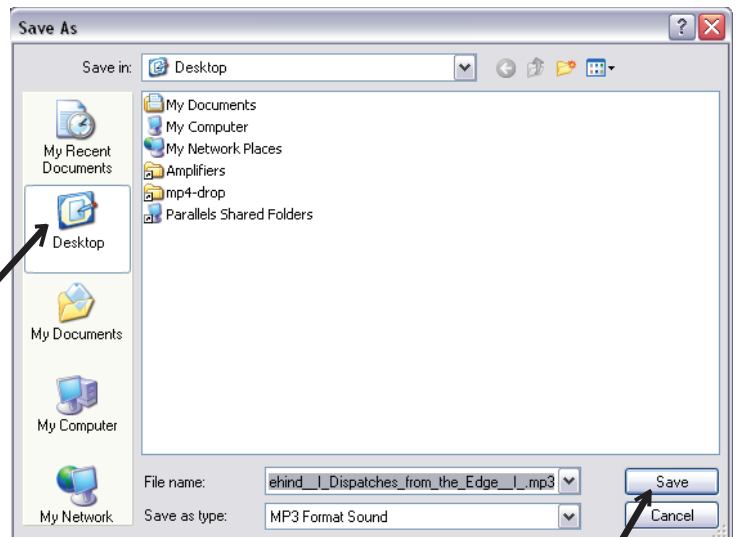
First, click the "Download" link, next to the program's title.



2 Next, select the option to "Save" your file.

3

Make sure to select the "Desktop."



Finally, click "Save."