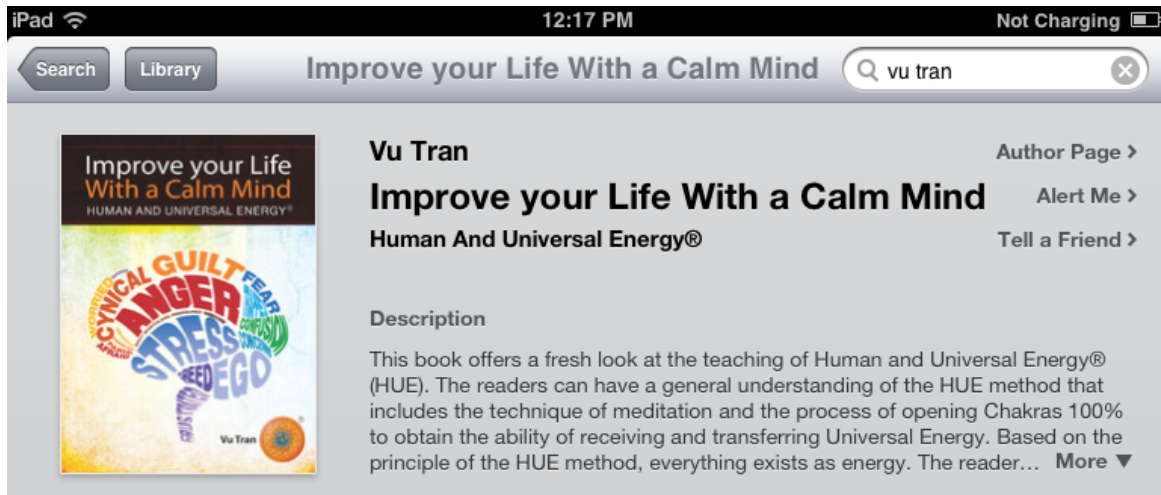


TELL A FRIEND ABOUT IMPROVE YOUR LIFE WITH A CALM MIND™

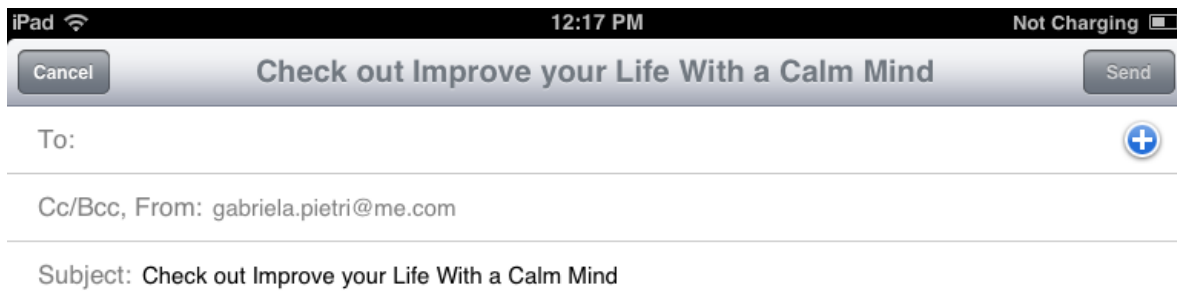
Note: to tell a friend about the book you must have an email account.

I Using the iPad

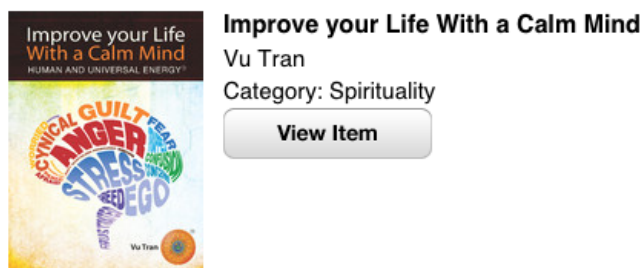
1.- Open the iBook application, touch with your finger the button *Store*, search the book and select it. In the description page of the book touch with your finger *Tell a Friend*.



2.- In the field *To:*, type the email address of your friend and then touch with your finger the button *Send*, located in the upper right corner.

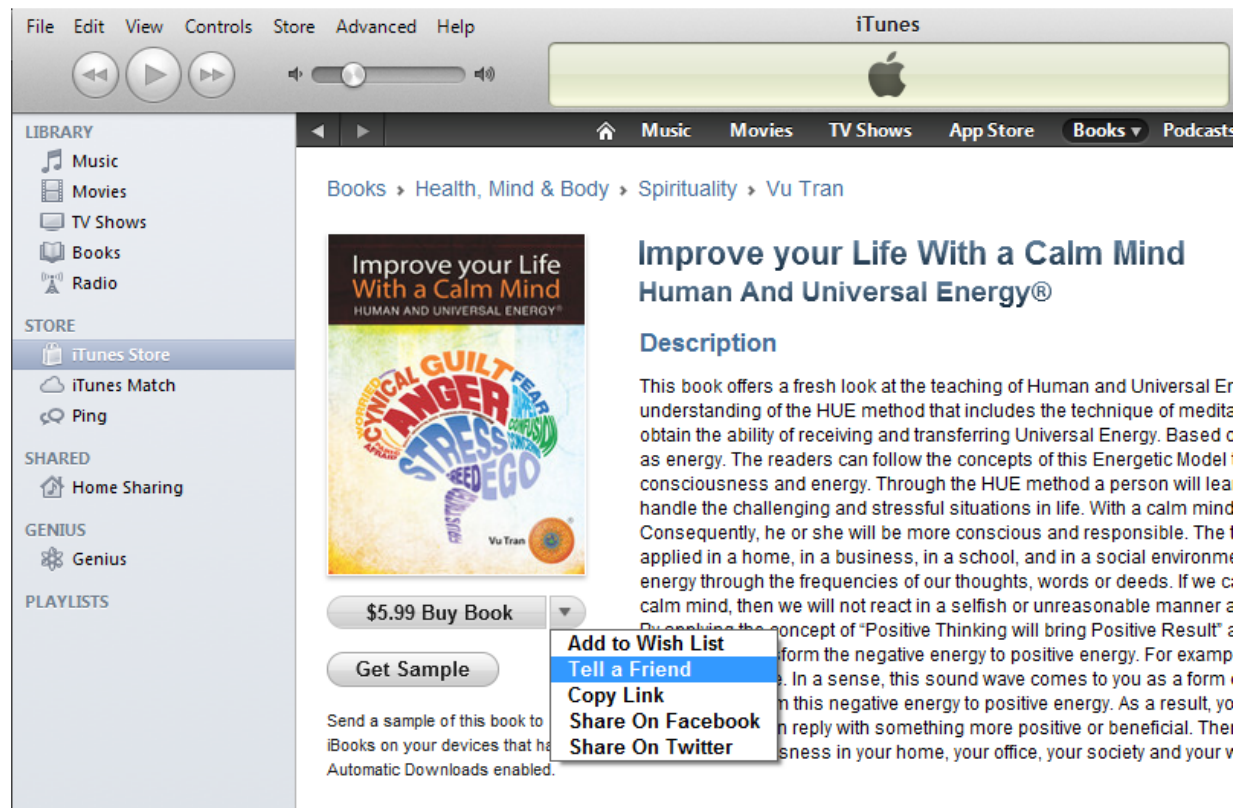
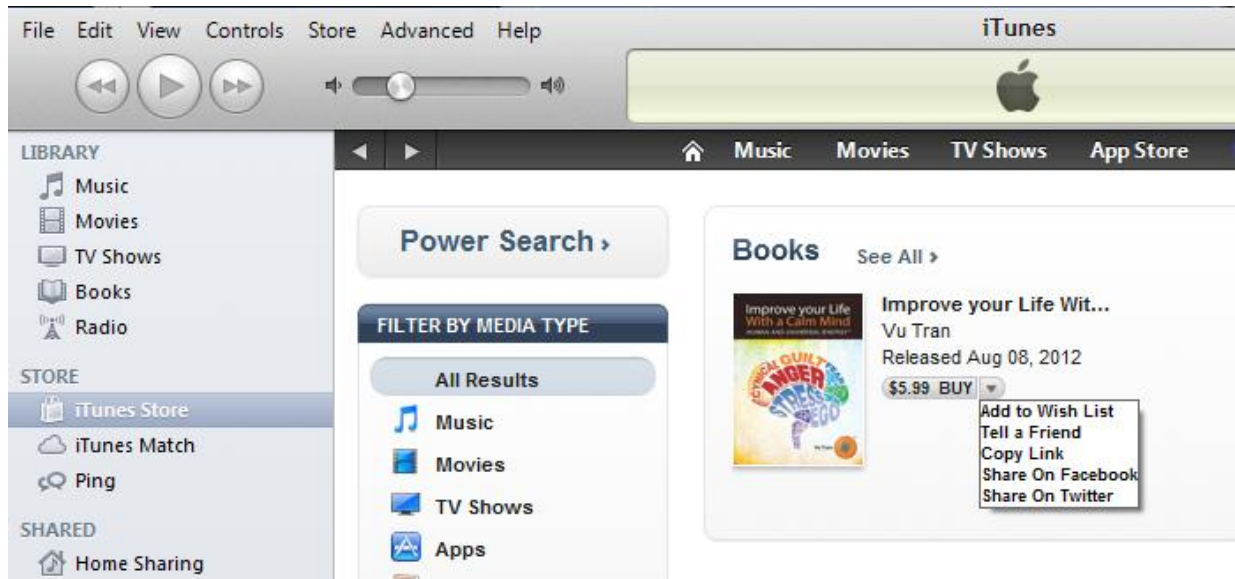


Check out this book on the iBookstore:

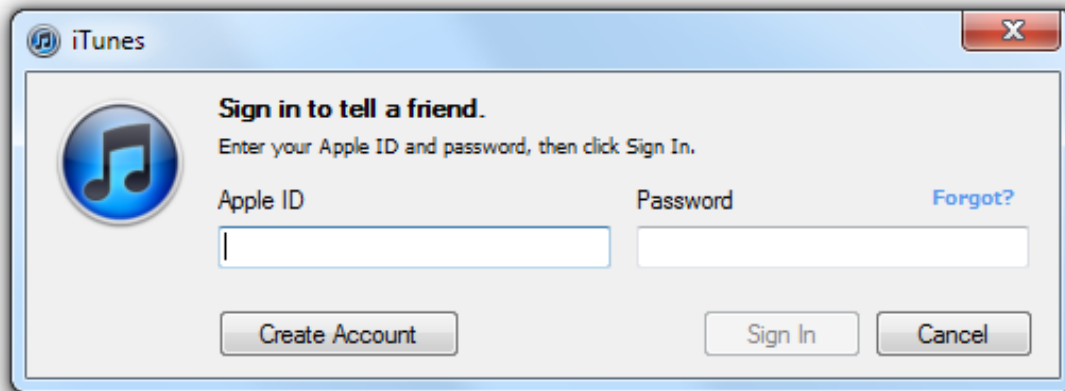


II Using the Computer (Windows or Mac)

1.- Open iTunes application, search the book, select the book and click on the arrow on the button marking the price of the book, a drop down list will show and from the list select *Tell a Friend*.



2.- If you are not logged in the iTunes Store a pop-up window asking for your Apple ID and password will appear.



3.- A new pop-up window *Tell A Friend* will show. Type the email of the friend you want to tell about the book and type a message in the *Message* area (optional) if you want to add something. Once done, click on the *Send* button.

