

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

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

## I Using a Browser

### 1.- Go to the web

Open your Internet Browser (Firefox, Safari, Internet Explorer, etc.) from your desktop or start menu.

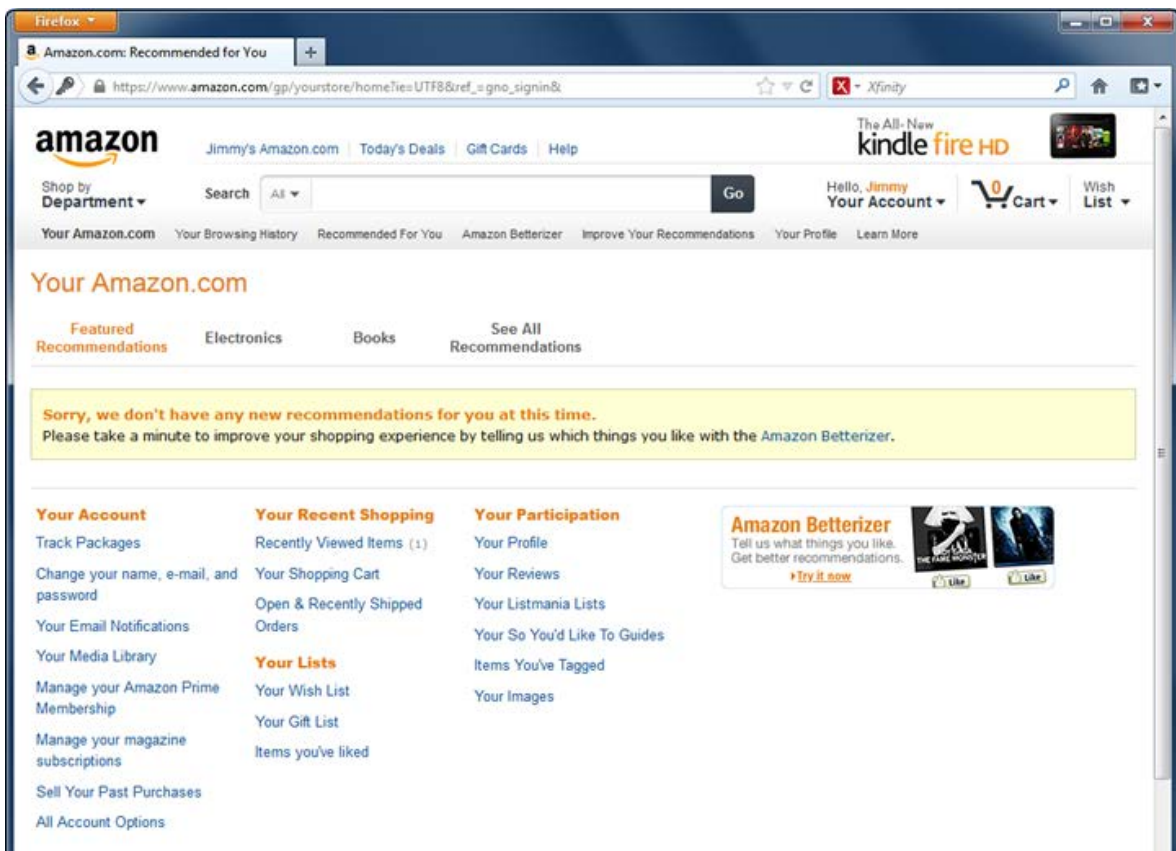
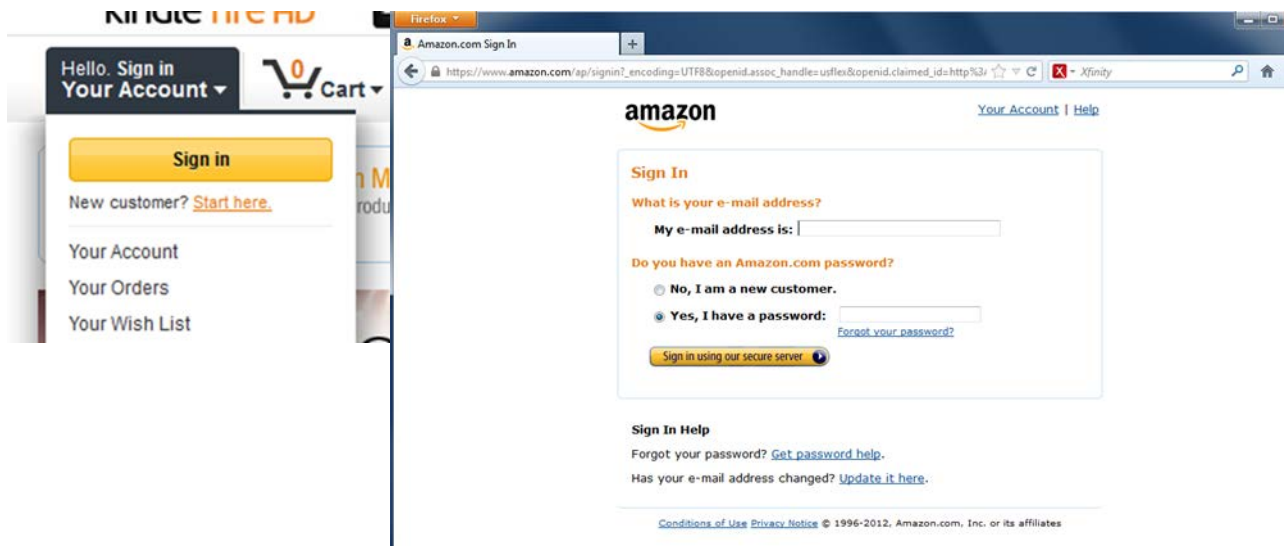


### 2.- Visit Amazon

Type [Amazon.com](http://Amazon.com) in your search bar.

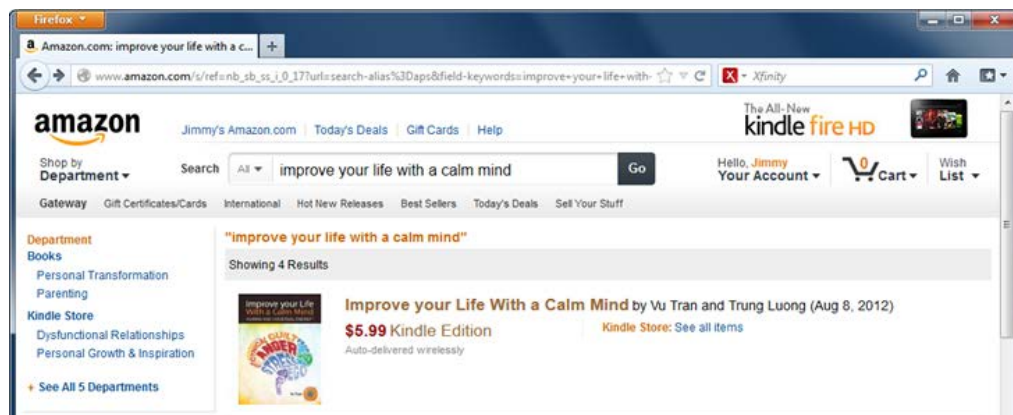
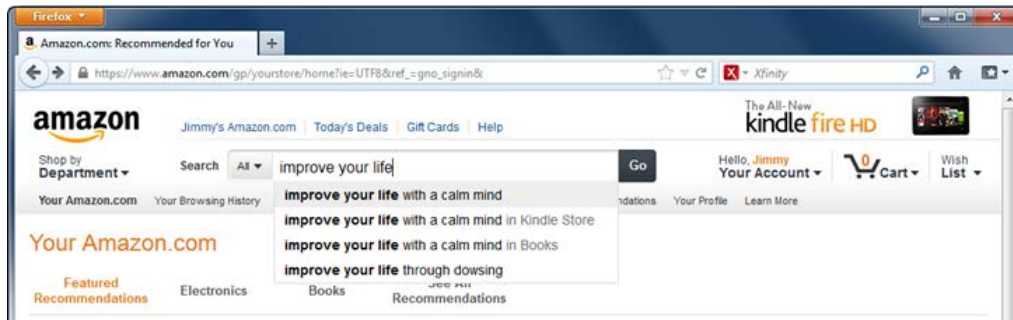


### 3.- Sign in Amazon



## 4.- Search the eBook

In the "Search" text box type improve your life, click on improve your life with a calm mind from the list.



5.- Scroll down until you find the section “Share” and click on the icon representing a letter envelope



Complete the information and when done click on the button “Send e-mail”.

