Unzipping Sink Reflections

1. Once you have clicked on the link to download your audio book you will see a window that looks similar to this:



As soon as the bar is complete your download of the zipped file is done.

2. Once you have double clicked the file your Unzip program will begin. You will get a window like this:

WinZip - MarlaCilley-SinkReflections.zip								
file Actions View Jobs Options He	elp							
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Name	Туре	Modified	Size	Ratio	Packed	Path		
00 Introduction.m4a	M4A File	10/13/2009 5:23 PM	9,493,8	3%	9,256,	Marla Cilley - Si		
🕑 01 Your First BabyStep - Where to Beg	M4A File	10/13/2009 5:23 PM	7,255,6	3%	7,072,	Marla Cilley - Si		
02 Let's Talk About CHAOS and Clutte	M4A File	10/13/2009 5:23 PM	5,078,2	3%	4,949,	Marla Cilley - Si		
03 Your Second BabyStep - You Can't	M4A File	10/13/2009 5:23 PM	13,411,	3%	13,07	Marla Cilley - Si		
谢 04 Running On Empty.m4a	M4A File	10/13/2009 5:23 PM	6,309,4	3%	6,148,	Marla Cilley - Si		
05 Attitude Is Everything.m4a	M4A File	10/13/2009 5:23 PM	4,121,9	3%	4,015,	Marla Cilley - Si		
06 The Control Journal - A System Th	M4A File	10/13/2009 5:23 PM	7,275,9	2%	7,094,	Marla Cilley - Si		
🖻 07 Dancing Through Your Daily Routi	M4A File	10/13/2009 5:23 PM	7,561,1	3%	7,370,	Marla Cilley - Si		
08 Your Basic Weekly Plan - Every Day	M4A File	10/13/2009 5:23 PM	4,728,9	3%	4,605,	Marla Cilley - Si		
09 Zones - You Never Have to Spring	M4A File	10/13/2009 5:23 PM	26,501,	2%	25,84	Marla Cilley - Si		
10 FlyLady Is for Everyone - Including	M4A File	10/13/2009 5:23 PM	15,422,	2%	15,04	Marla Cilley - Si		
11 Getting the Whole Family to FLY.m	M4A File	10/13/2009 5:22 PM	10,253,	3%	9,990,	Marla Cilley - Si		
谢 12 Do You Know Where Your Laundry	M4A File	10/13/2009 5:22 PM	4,720,4	3%	4,598,	Marla Cilley - Si		
13 Paper Clutter - You Don't Have to S	M4A File	10/13/2009 5:22 PM	5,694,5	3%	5,550,	Marla Cilley - Si		
谢 14 Menus - What's for Supper.m4a	M4A File	10/13/2009 5:22 PM	3,798,5	3%	3,701,	Marla Cilley - Si		
15 Vacation - Plan Ahead - Dont Lose	M4A File	10/13/2009 5:22 PM	5,812,2	3%	5,664,	Marla Cilley - Si		
16 Moving - You Don't Have to Panic	M4A File	10/13/2009 5:22 PM	12,528,	3%	12,21	Marla Cilley - Si		
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Click Extract then save the files to a folder. You can save the files anywhere you want. See example below:

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00 Introduction.m4a	M4A File	10/13/2009 5:23 PM	9, <mark>493,8</mark>	3%	9,256,	Marla Cilley -
01 Your First BabyStep - Where to Beg	M4A File	10/13/2009 5:23 PM	7,255,6	3%	7,072,	Marla Cilley -
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🛿 10 FlyLady Is for Everyone - Inc				2%	15,04	Marla Cilley -
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12 Do You Know Where Your L		Cancel		3%	4,598,	Marla Cilley -
13 Paper Clutter - You Don't H				3%	5,550,	Marla Cilley -
14 Menus - What's for Supper.m4a	M4A File	10/13/2009 5:22 PM	3,798,5	3%	3,701,	Marla Cilley -
15 Vacation - Plan Ahead - Dont Lose	M4A File	10/13/2009 5:22 PM	5,812,2	3%	5,664,	Marla Cilley -
16 Moving - You Don't Have to Panic	M4A File	10/13/2009 5:22 PM	12,528,	3%	12,21	Marla Cilley -
17 Conclusion - Marla's Closing Thou	M4A File	10/13/2009 5:22 PM	3,459,1	3%	3,368,	Marla Cilley -
	III					

3. Your files are successfully downloading when you see the box below $\textcircled{\odot}$

4. You can now open these files in your Windows Media Player or by using iTunes! They will play in order on both. You can either open the program or just double click on the first file to listen.