

Listening to Dr. Laura's iTunes Podcast

While Dr. Laura's podcast is created specifically for iTunes, there are some settings required for using iTunes 10. If you have iTunes 10 already installed on your computer, use the following steps to make sure that iTunes 10 plays Dr. Laura's podcast without issue.

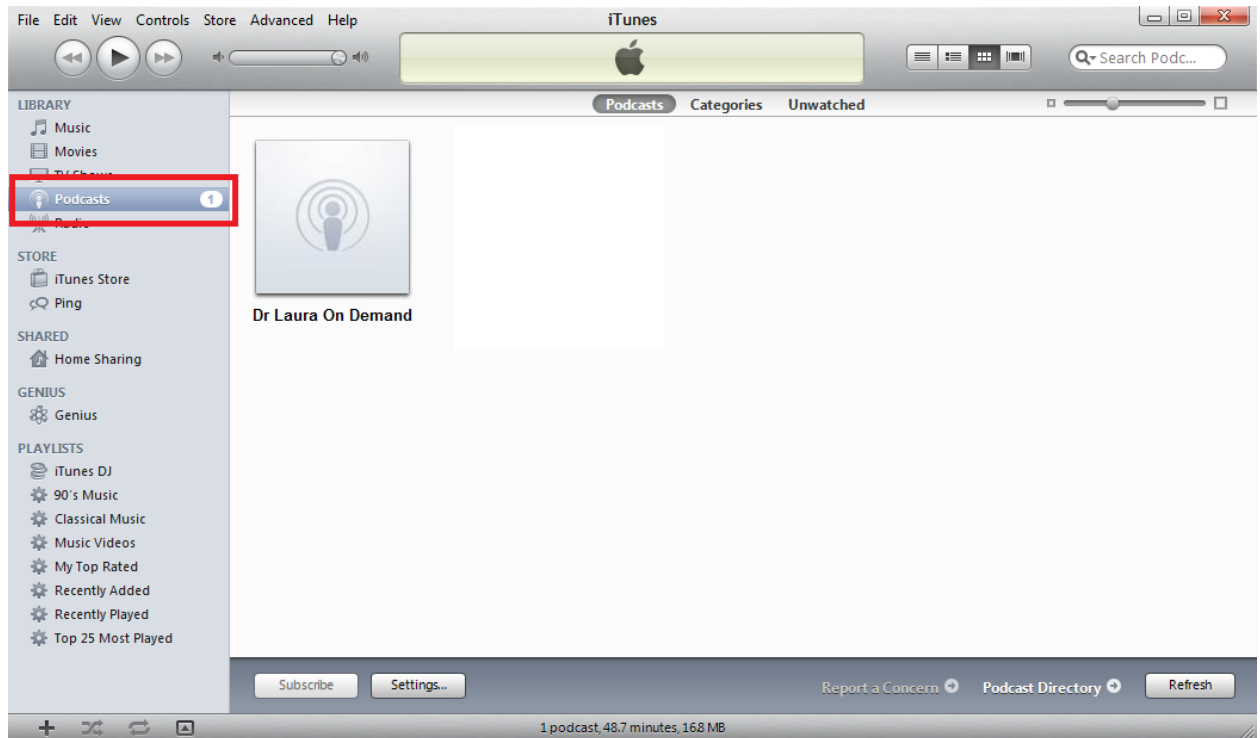
NOTE: Before continuing, please review the iTunes 10 system requirements at the following site: <http://www.apple.com/itunes/download/>. If necessary, download iTunes 10 from the same location. If a previous version of iTunes exists on your computer, please use the Apple Software Update feature included in iTunes. You can update your version in iTunes by clicking **Help > Check for Updates**.

1. Go to www.drLaura.com and log in to your account.
2. In the Dr. Laura Family Members Plus area, click **iTunes Podcast**.

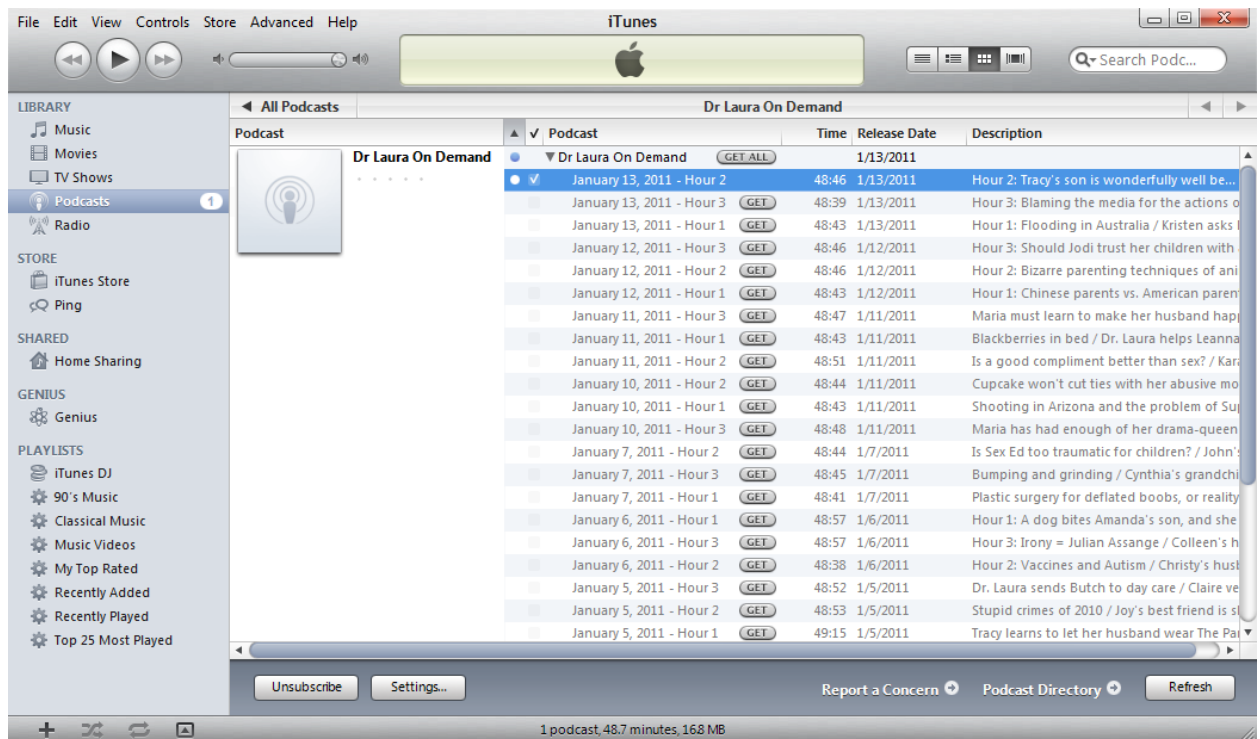


The Dr Laura On Demand podcast begins to download immediately. **NOTE:** If the podcast does not automatically download, click **Advanced > Subscribe to Podcast**. Copy and paste the following URL into the available field, and then click **OK**:
<http://rss.drLaura.com/podcast.php>

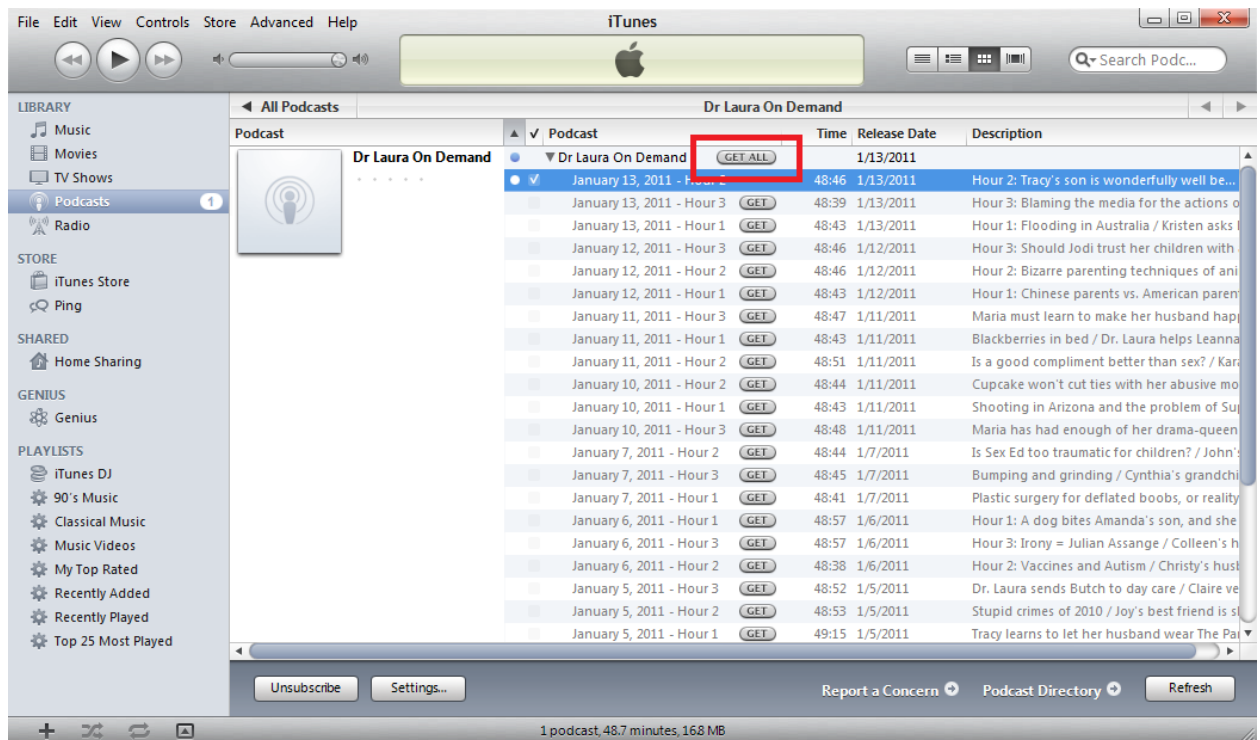
3. If required, type your Dr. Laura Family Members Plus log in information. Check **Remember my password** or iTunes prompts for your log in information each time you open iTunes.
4. In the left column, click **Podcasts**.



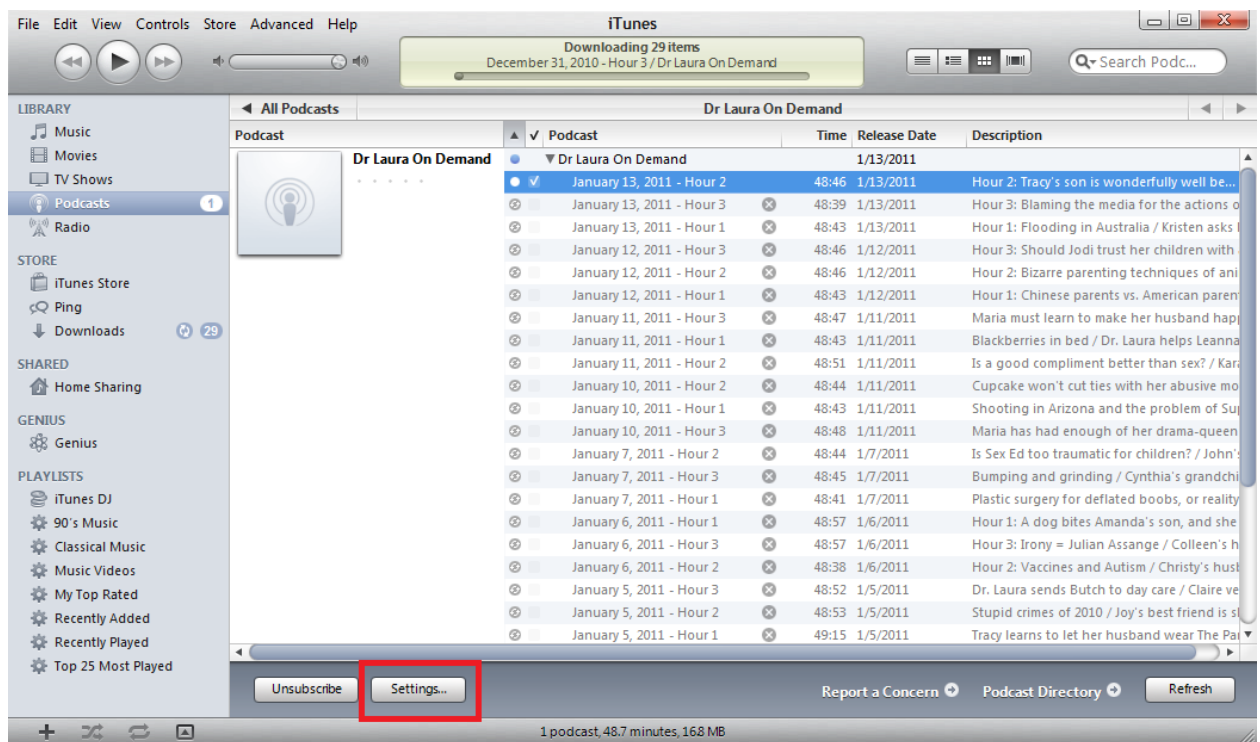
5. Double-click the Dr Laura On Demand image. iTunes displays the list of episodes for the podcast. Click the arrow to the left of the Dr Laura On Demand title if you do not see a list of episodes.



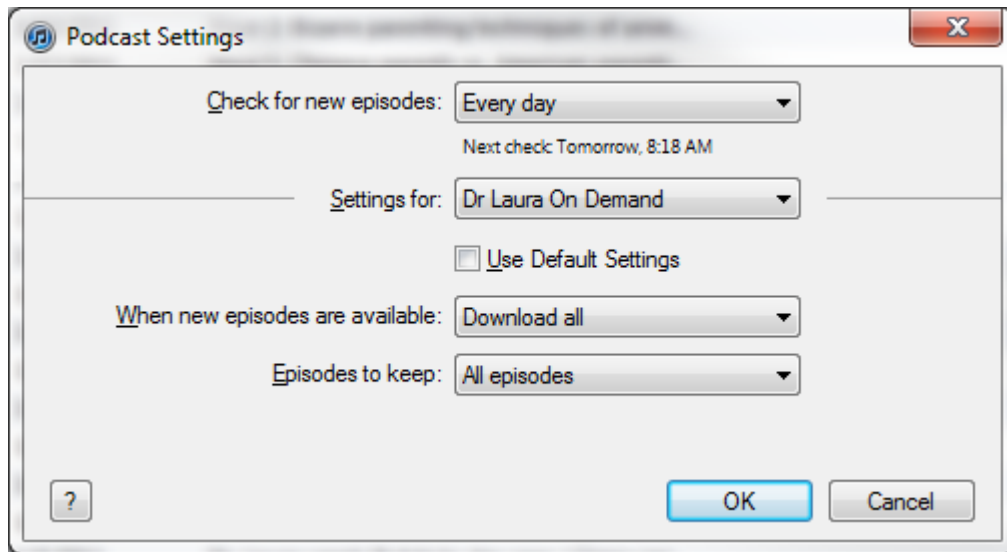
6. Click **GET ALL** to begin downloading all of the available episodes or click **GET** for only those episodes you want to download.



7. Click **Settings...** at the bottom of the iTunes window.



8. We recommend the following podcast settings:
 - a. **Check for new episodes:** Every day
 - b. **Settings for:** Dr Laura On Demand
 - c. **Use Default Settings:** Unchecked. **NOTE:** When this checkbox is checked, iTunes prevents the user from changing the next two fields.
 - d. **When new episodes are available:** Download all. **NOTE:** If this field is unavailable, uncheck **Use Default Settings**.
 - e. **Episodes to keep:** All episodes. **NOTE:** If this field is unavailable, uncheck **Use Default Settings**.



9. Click **OK**.
10. Once completely downloaded, double-click the appropriate episode to begin to listen to Dr. Laura. **NOTE:** If you do not hear any audio after a few seconds, check your volume settings and make sure your speakers or headphones are plugged in and powered on.