

## CEA-HOW Audio Downloads

### We are carrying the message of recovery on the World Wide Web.

Our WSO Board is Happy to announce ALL the CONVENTION WORKSHOPS, EVENT SPEAKERS AND THE CLOSING SESSION are being recorded digitally and you will be able to hear and download them on your computer for FREE! Within a week of the final day of the convention, you can go online to ceahow.org and click on the left navigation link Audio Downloads to hear any of the convention speakers you wish. Instructions for how to download and burn these talks on a CD are provided below:

#### To listen right from the website:

1. Open [www.ceahow.org/](http://www.ceahow.org/)
2. Click on the Download Audios link on the left navigation.
3. Click on the **Download/MP3** link next to the name of the talk you want to download.
4. The **Audio** program that you have on your computer will open (iTunes, Windows Media Player, etc.) and the audio will play.

#### To download the file on your computer:

1. Right-click on the **Download/MP3** link and **Save Target As**.
2. This will prompt the Save As dialog where you can navigate to the location where you want to save the file.
3. Once the file is saved, you can open it in your Audio player (iTunes or Windows Media Player, etc.)

#### To order a CD:

**At the Convention:** Pick up order forms in the Hospitality Room or from the Lit./Bookstore. CD recordings are not free. Order forms come with the price list. The CD's will be mailed to you; they are not available on-site this year.

**After the Convention:** If you cannot download or burn your own CDs you can order a CD or set of CDs from WSO. – There is a charge for these CDs. The order form includes the price list. The CD's will be mailed to you; they are not available on-site this year.

#### To Burn your own Audio CD:

Please refer to the directions for the specific audio device you are using.

- iPods/ iTunes instructions: <http://support.apple.com/kb/TA38263>
- Windows Media Player:  
[http://mp3.about.com/od/windowsmediaplayer/ss/WMP\\_burnacd\\_tut.htm](http://mp3.about.com/od/windowsmediaplayer/ss/WMP_burnacd_tut.htm)

It is **important to note** that the version of the player may result in different instructions. Before attempting to burn a CD you should check the version of the player and locate instructions for that specific player.