

HOW TO LISTEN TO FA PODCASTS

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1. Open the Apple Podcast App that is built into all iPhones and iPads. If your iPhone or iPad doesn't have a podcast app, open iTunes and download one (e.g., Apple Podcast, Pocket Casts, Podbean, RadioPublic, Overcast) onto your smartphone.
2. Open your podcast app and type in *food addicts* to find a podcast.

Android:

1. Open the Google Play app and download a podcast app (e.g., Pocket Casts, Podbean, RadioPublic, Google Podcasts) onto your smartphone.
2. Open your podcast phone app and type in *food addicts* to find a podcast.

Computer:

1. Using the internet type in <https://podcasts.google.com/>
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Happy listening,

The Literature Committee