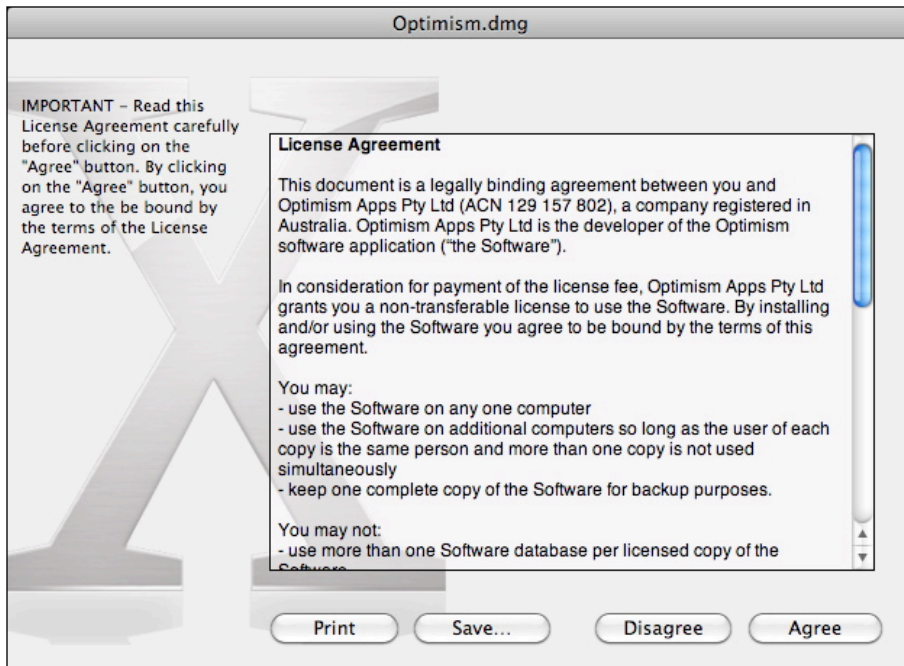


Optimism for Mental Health

Mac OS X Installation Guide

Installing Optimism

1. Double-click on the Optimism.dmg file included on the CD.
2. Read the License Agreement and **Print** or **Save** it as required. Select **Agree** to continue.

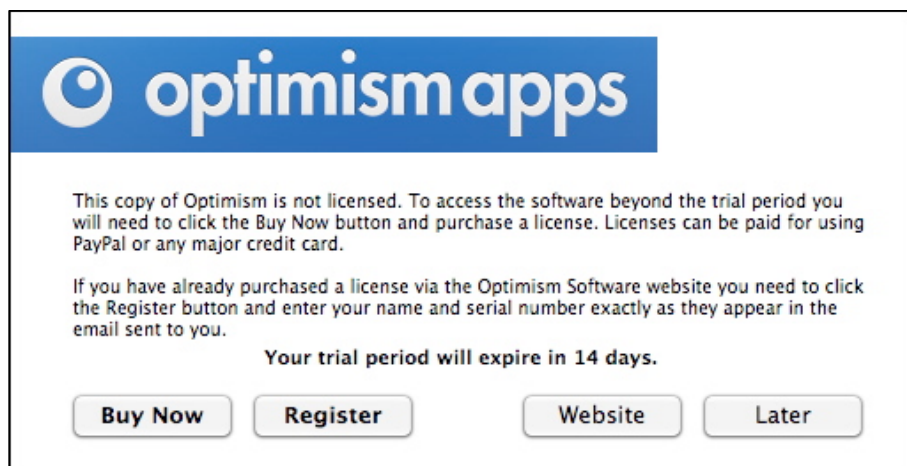


3. Install Optimism to your Applications folder by dragging the Optimism icon to the Applications folder icon.



Registering Optimism

When you launch Optimism in your Applications folder the following window will appear:



Select the **Register** button on this window, or alternatively from the Help menu at any later time.

The **Registration** dialog box is shown below.



To register your copy enter your name in the **Your Name** field and the serial code shown on the back of the DVD case in the **Serial Code** field. Select **Register** to complete your registration.

For support enquiries please contact mail@findingoptimism.com.