

HOW TO DOWNLOAD & READ YOUR DIGITAL BOOK

Thank you for being here. This page will help you open and read your book in whatever way feels easiest for you.

Downloading Your Book

You'll receive a Google Drive link before this page.

To download:

1. Click the link.
2. Tap the download icon (a little arrow pointing down).
3. The file will save to your phone, tablet, or computer.

If it asks, choose PDF.

That's the cleanest way to read the book.

Where You Can Read It

On a Phone

- GoodNotes
- Google Drive
- Books (iPhone)
- Adobe Reader

On a Tablet

- GoodNotes
- Notability
- Google Drive
- Books (iPad)

On a Computer

- Google Drive
- Adobe Reader
- Preview (Mac)
- Chrome or Microsoft Edge

If You Want to Write in the Book

GoodNotes is the easiest app for writing directly on the pages.

But you can also write in:

- Notability
- Xodo
- Samsung Notes
- Apple Books (with annotations)

If you don't want to write on it, any PDF reader is perfect.

If Something Doesn't Work

Sometimes devices act differently.

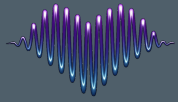
If the link doesn't open or the file won't load, try:

- refreshing the page
- switching to another browser (Chrome works best)
- downloading on a different device
- reopening your Google Drive app
- checking your internet connection

You can always reach out if you need help.

You are not bothering anyone — support is part of the journey.

This book is designed for digital reading on phones, tablets, or computers.



HOW TO HAVE THE BOOK READ ALOUD TO YOU

If listening is easier than reading, you can use any of these free tools to have the book read out loud.

Pick the one that feels most comfortable for you.

iPhone & iPad Built-In Speech (FREE)

If you have an iPhone or iPad, the device can read any page out loud.

Turn On:

1. Go to Settings
2. Tap Accessibility
3. Tap Spoken Content
4. Turn on Speak Screen

How to Use:

- Open the PDF
- Swipe down with two fingers
- Your device will start reading everything on the screen

Android Built-In Text to Speech (FREE)

Almost every Android phone has this built in.

Turn On:

1. Go to Settings
2. Tap Accessibility
3. Tap Select to Speak
4. Turn it on

To Use:

- Open the PDF
- Tap the little person icon that appears
- Tap the text you want read aloud

You can change the voice, speed, and style.

Microsoft Edge Read Aloud (FREE)

Works on any Windows computer or on the Edge browser.

1. Open the PDF in the Microsoft Edge browser
2. Click the book icon or three dots
3. Select "Read Aloud"
4. Choose the voice and speed you like

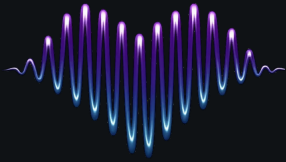
This option is very simple and is fully free.

You're ready.

Take your time.

Find the speed and voice that feels calming for your body.

This book is meant to support you – in whatever way feels easiest.



Soma Library

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A Soma Library Publication

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