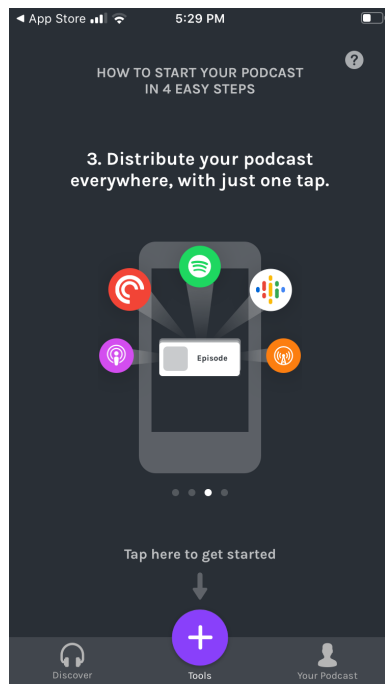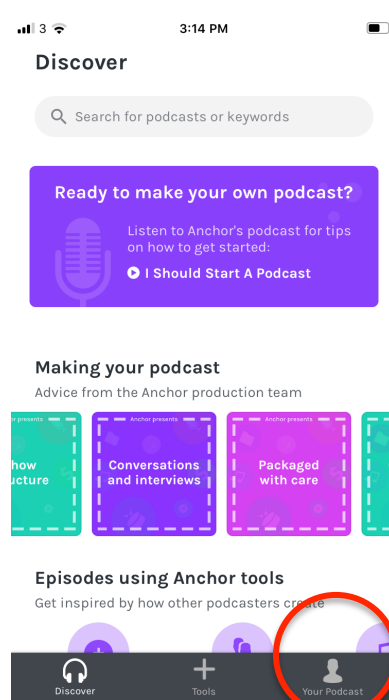## HOW TO USE ANCHOR
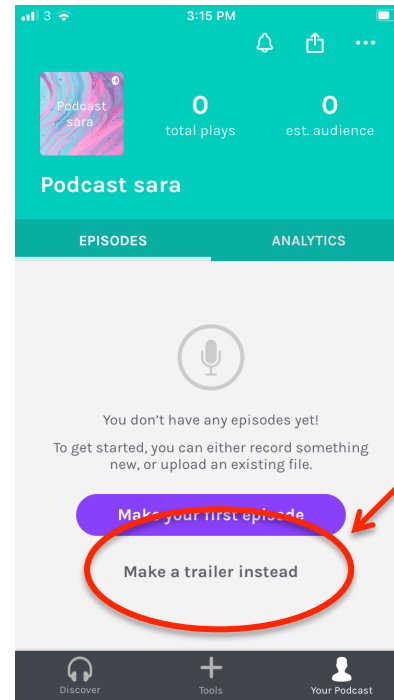
First of all, download the app (it is free!!!)
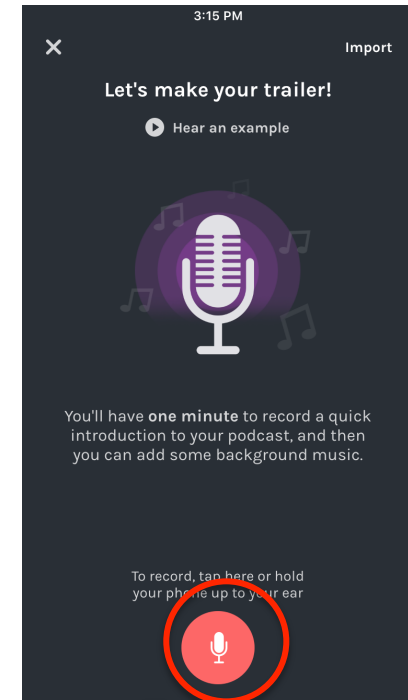

1. Download the app.
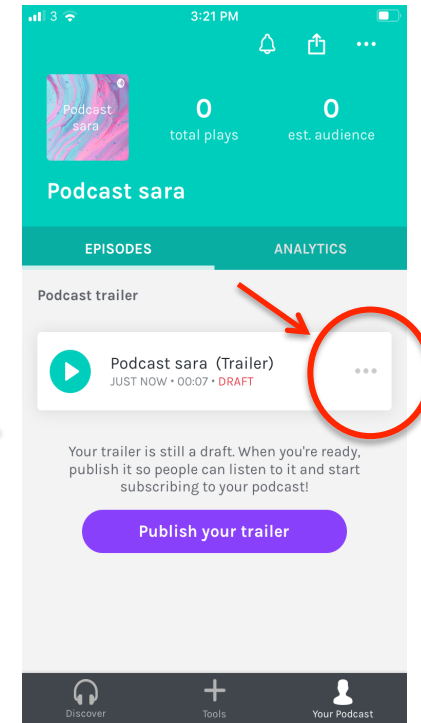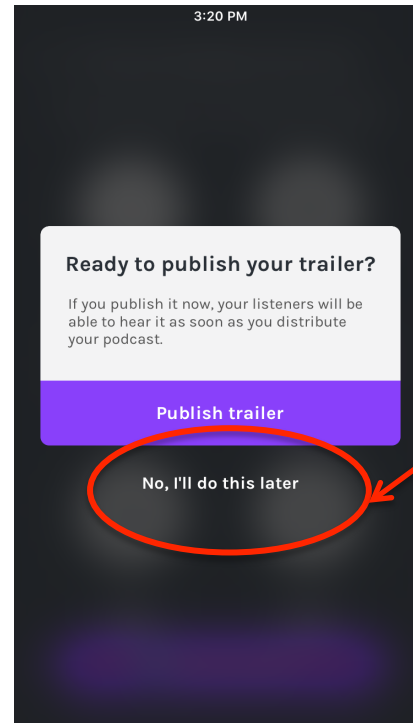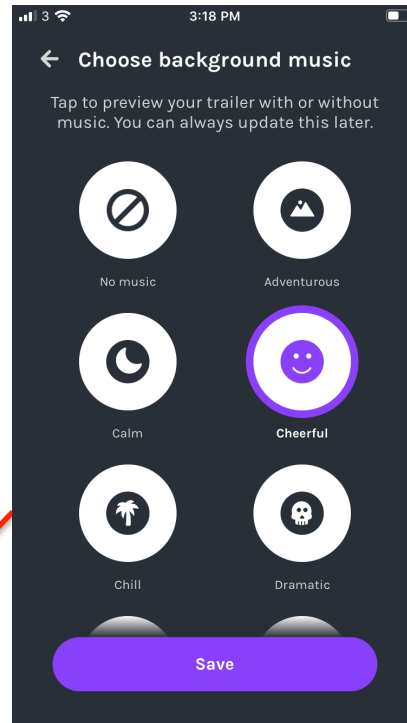

2. Click on "your podcast"

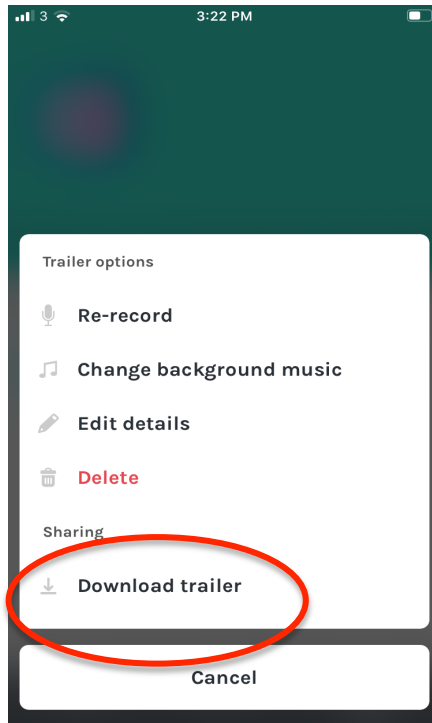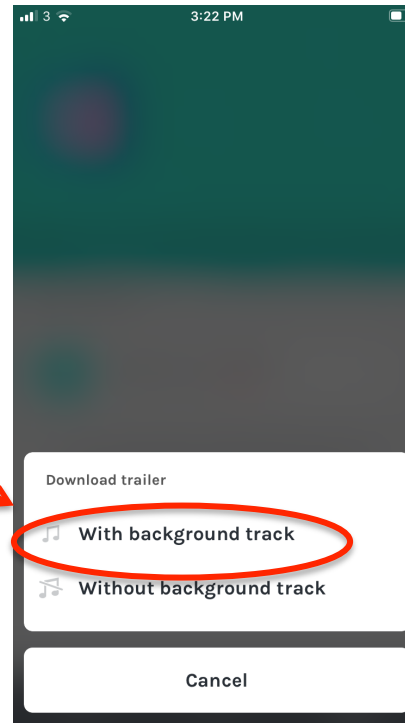3. Choose "make a trailer"

4. Record your voice

The Italian Wave
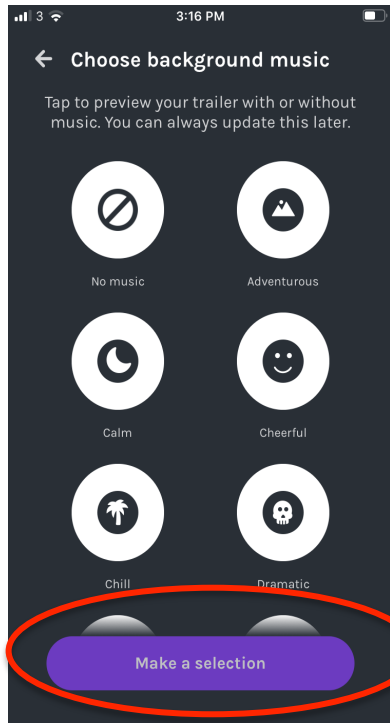
5. Choose the background music and save it.

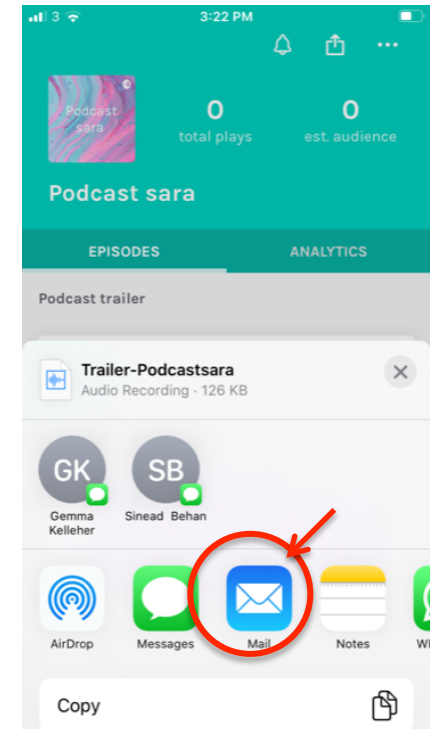**6. Choose not to publish: "no, I'll do it later".**

7. Save your podcast. Click on the three dots.

8. Click "download trailer"

9. Click "with background track" (your music)

10. Send it to yourself as a M4a file.