

# The Calmcast

Hi everyone and thanks for continuing to subscribe to the Calmcast. I really do appreciate your support.

As you may be aware, I had to upload Calmcast 023 in two parts because of the size of the combined file. Interestingly, more people have downloaded part 2 than have downloaded part 1. If that's you, please go ahead and download it now. Otherwise you will only get part of the show. Obviously, part 1 should be viewed before part 2.

Take care

Paul