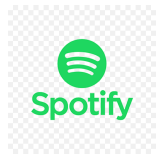


How To Listen And Follow The Desire Factor Podcast



If you own an Amazon Alexa, simply say “*Alexa, play The Desire Factor Podcast.*” You will hear an option to follow/subscribe to be notified of new episodes.

Spotify (Apple & Android)



You will need to install this app on your phone through the app store. It's a free app and you can upgrade to a Premium subscription to listen without ads. **Search For “The Desire Factor Podcast”** – look for Christy holding *The Desire Factor* book. Tap and you can choose episodes to listen to OR **Follow** The Podcast.

On Your Computer Go To:

<https://open.spotify.com/show/3FBho3Ah7jwBj7KCQ8xLcN>

Apple Podcasts (Apple)



This built-in app on Apple devices will do everything you need and **it's free**. You can stream and download podcasts, as well as set your favorites to download automatically so you never miss an episode. **Search For “The Desire Factor Podcast”** – look for Christy holding *The Desire Factor* book. Tap and you can choose episodes to listen to OR **Follow**.

On Your Computer Go To:

<https://podcasts.apple.com/us/podcast/the-desire-factor/id1576965078>

Stitcher (Apple & Android)



Search for this app to install through the app store. Open the app and **Search For “The Desire Factor Podcast”** – look for Christy holding *The Desire Factor* book. Tap and you can choose episodes to listen to OR **Follow** The Podcast.

On Your Computer Go To: <https://www.stitcher.com/show/the-desire-factor>

Listen and Follow *The Desire Factor* Podcast on your preferred podcast platform:
<https://pod.link/1576965078>