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In short: Use your common sense and your brain.

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## Simple Theme

Simple Theme is a template for WordPress developed by Total WordPress Optimization.

You can unzip it on your haddrive and upload it to [www.YourSite.com/wp-content/themes/simpletheme](http://www.YourSite.com/wp-content/themes/simpletheme).

Or...

You can install it from WordPress/Appeearance/Themes and click the tab Install Themes and the tab Upload.

The header image is located in [www.YourSite.com/wp-contene/themes/simple-theme/images](http://www.YourSite.com/wp-contene/themes/simple-theme/images) and the name is: main-header.jpg

The dimensions are 940 x 239 and you can replace this with any image you like that has the same name and size.

## Other products

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[www.MindfulnessTrainingForAll.com](http://www.MindfulnessTrainingForAll.com)

**Advanced Mindfulness manual**

[www.HowToBeMindful.MindfulnessTrainingForAll.com](http://www.HowToBeMindful.MindfulnessTrainingForAll.com)

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[www.TotalWordPressOptimization.com/wordpress-homepage-and-wordpress-optimization/](http://www.TotalWordPressOptimization.com/wordpress-homepage-and-wordpress-optimization/)



That's it folks!