How to download Anaconda and open Spyder

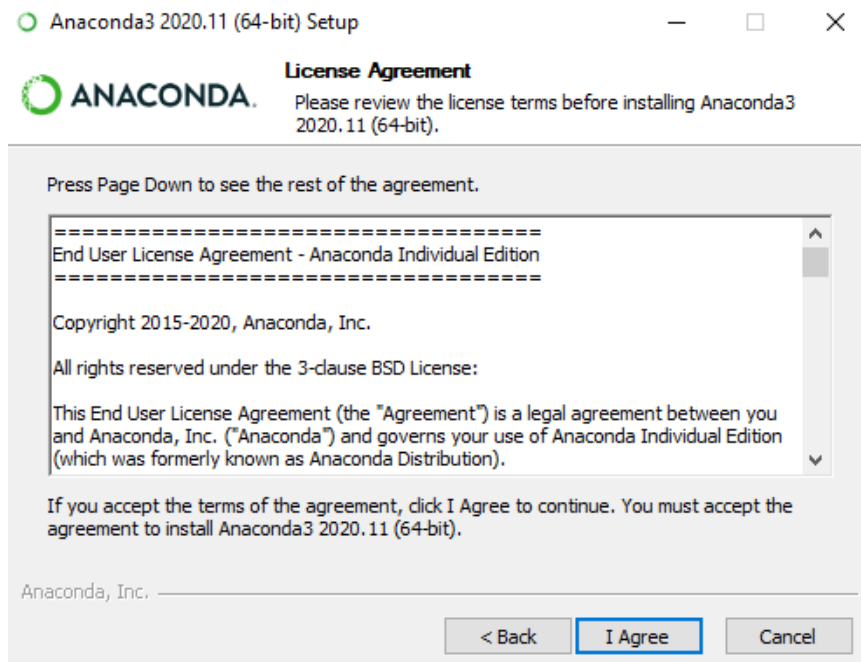At the bottom of this webpage: https://www.anaconda.com/products/individual you will find the link to download anaconda for your Operative system.
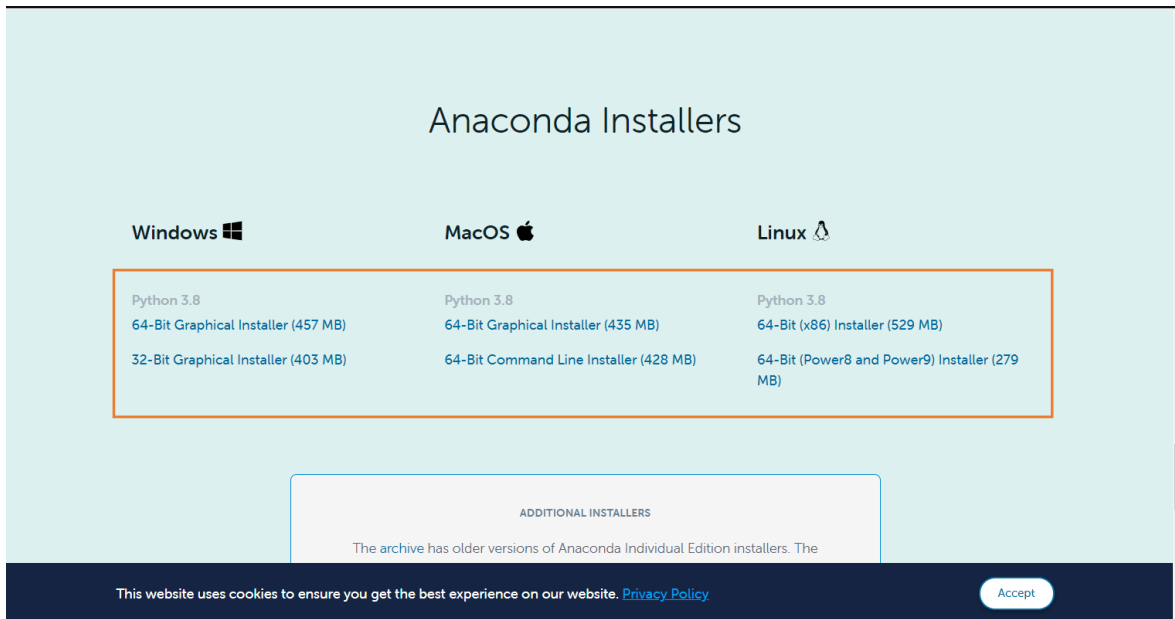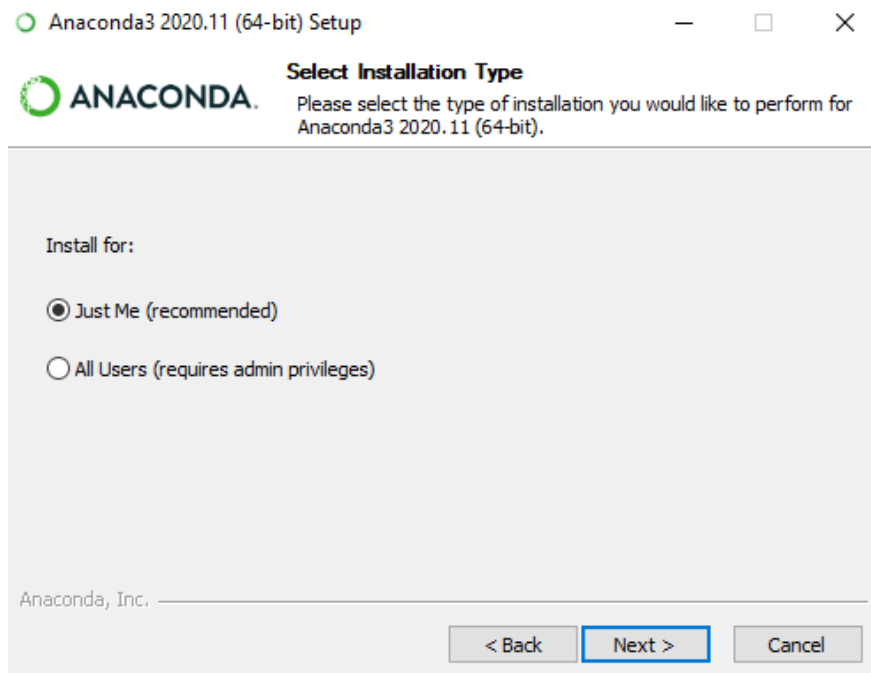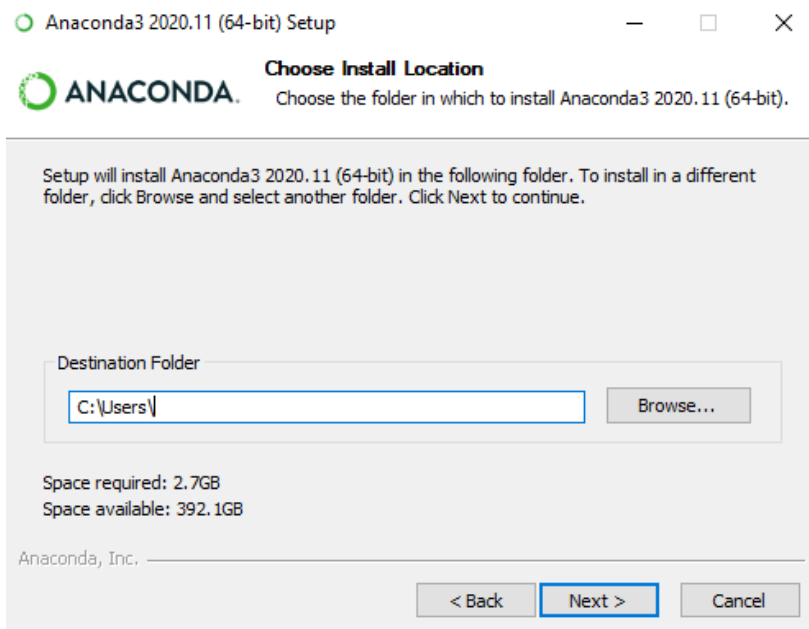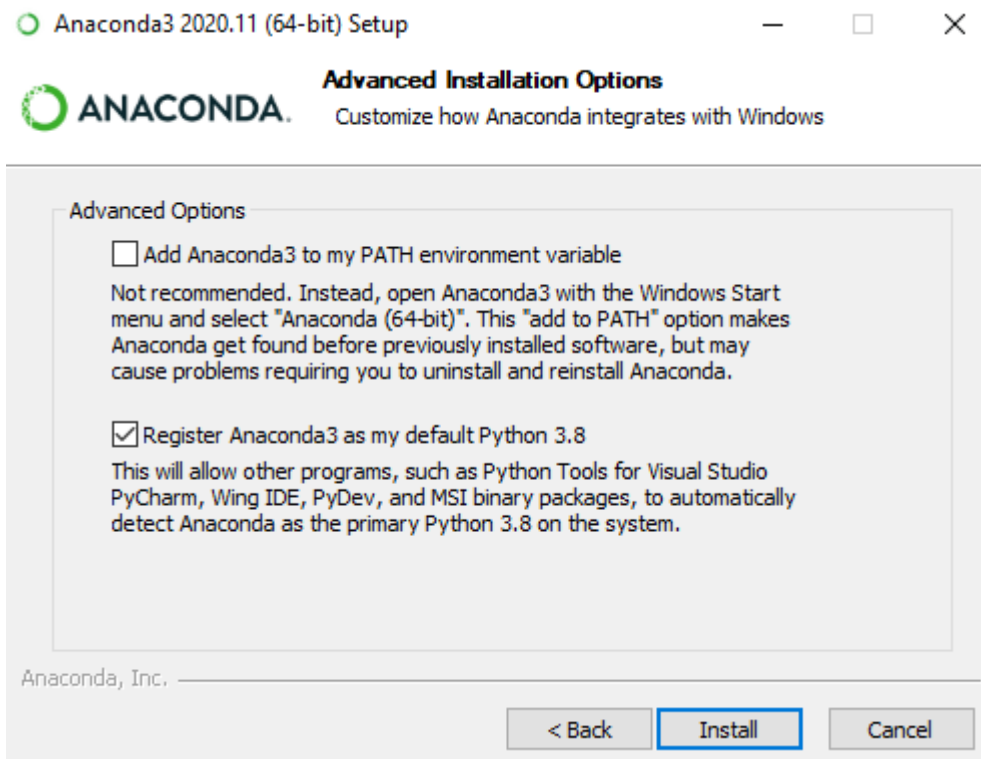

Execute the program downloaded, then press 'Next >'
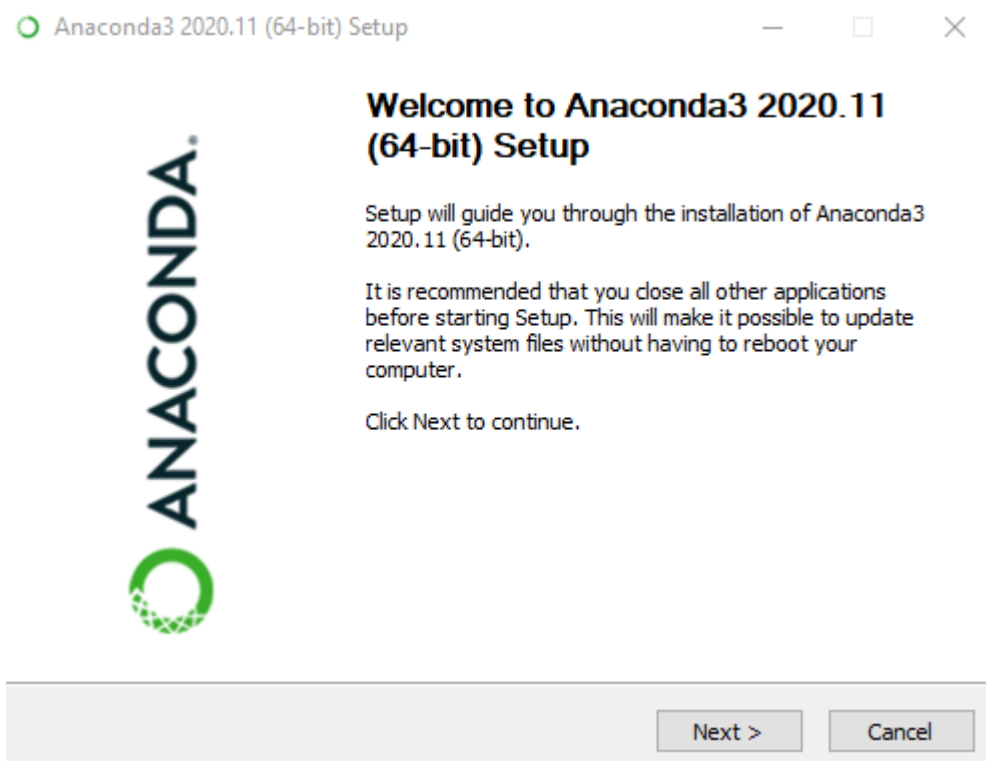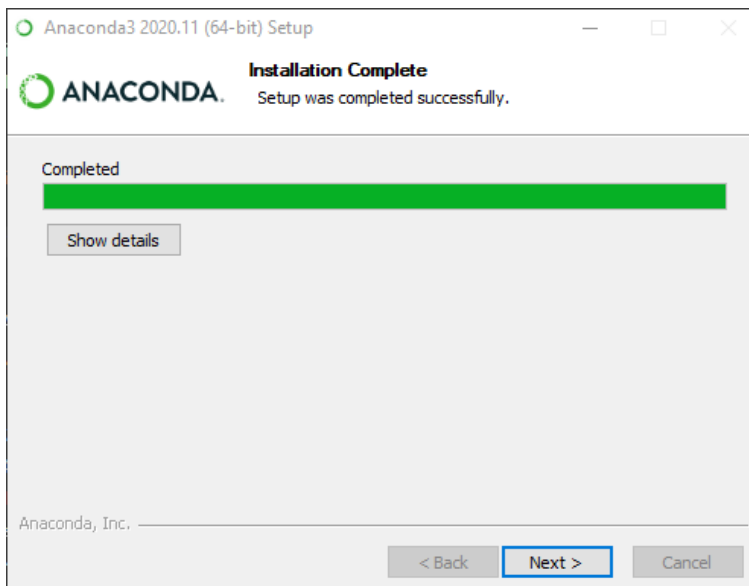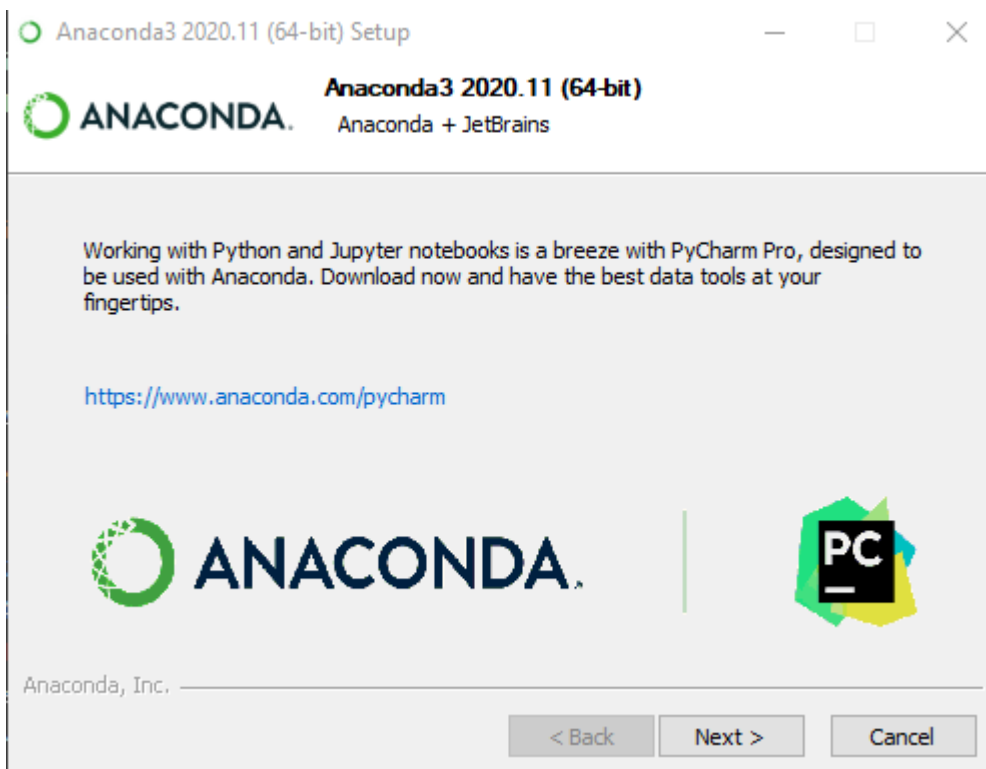
I Agree

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Install

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And Finish
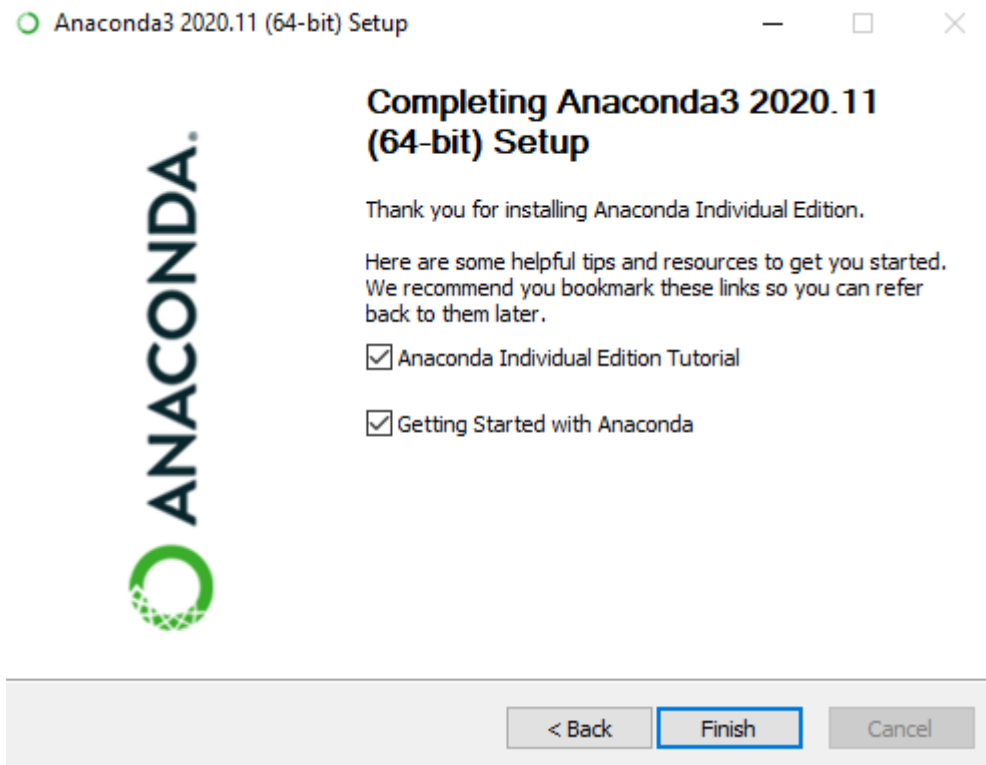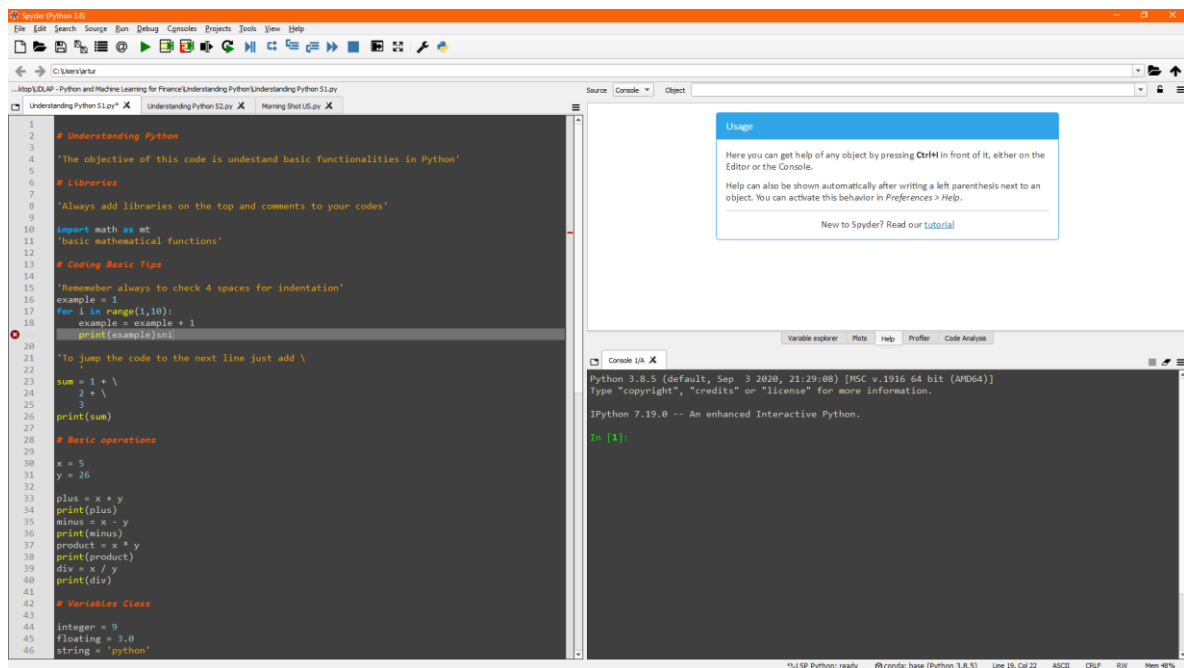
Tools -> Preferences -> Appearance -> Edit selected scheme

Suggested Spyder Color Scheme