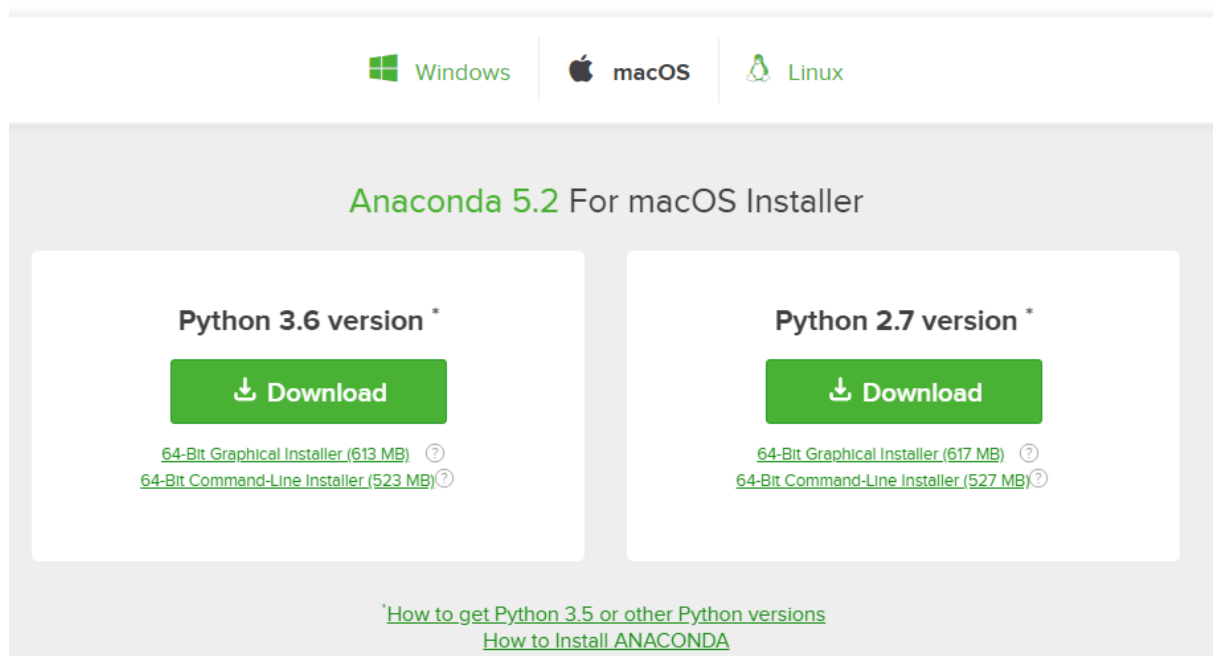


1. Visit [Anaconda.com/downloads](https://anaconda.com/downloads)

Go to the following link: [Anaconda.com/downloads](https://anaconda.com/downloads)

2. Select MacOS and Download the *.pkg* installer

In the operating systems box, select [MacOS]. Then download the most recent Python 3 distribution (at the time of this writing the most recent version is Python 3.6) graphical installer by clicking the Download link. Python 2.7 is legacy Python. For problem solvers, select the most recent Python 3 version.



You may be prompted to enter your email. You can still download Anaconda if you click [No Thanks] or [x] and don't enter your Work Email address.

Thank You for Downloading Anaconda! ×

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Work Email *

Job Title: *

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3. Open the .pkg installer

Navigate to the Downloads folder and double-click the .pkg installer file you just downloaded. It may be helpful to order the contents of the Downloads folder by date to find the .pkg file.

4. Follow the installation instructions

Follow the installation instructions. It is advised that you install Anaconda for the current user and that Anaconda is added to your PATH.

5. Source your .bash-rc file

Once Anaconda is installed, you need to load the changes to your PATH environment variable in the current terminal session.

Open the MacOS Terminal and type:

```
$ cd ~
```

```
$ source .bashrc
```

6. Open a terminal and type python and run some code

Open the MacOS Terminal and type:

```
$ python
```

You should see something like

```
Python 3.6.3 | Anaconda Inc. |
```

At the Python REPL (the Python >>> prompt) try:

```
>> import this
```

If you see the Zen of Python, the installation was successful. Exit out of the Python REPL using the command `exit()`. Make sure to include the double parenthesis `()` after the exit command.

```
>>> exit()
```

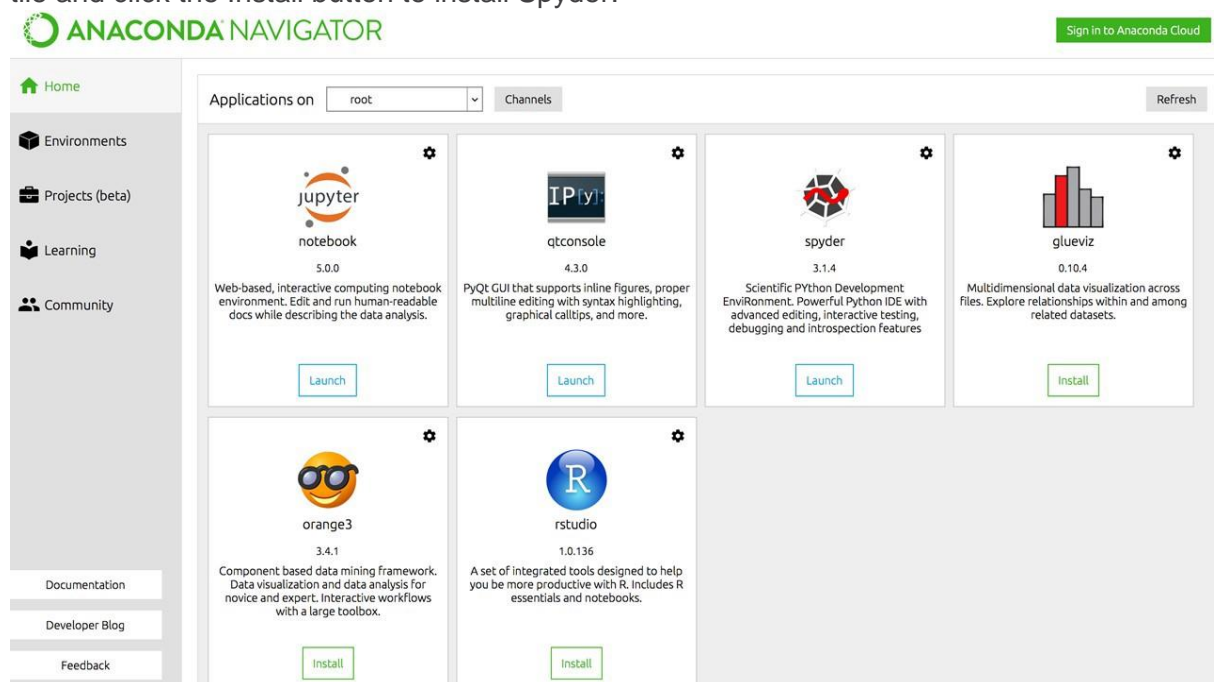
Running Spyder

1. Open navigator

Open Launchpad, then click the Anaconda Navigator icon.



2. On Navigator's Home tab, in the Applications pane on the right, scroll to the Spyder tile and click the Install button to install Spyder.



If you already have Spyder installed, you can jump right to the Launch step.

3. Launch Spyder by clicking Spyder's Launch button.