**Step 1: Install Anaconda**

If you haven't already, download and install Anaconda from the official website: Anaconda

**Step 2: Install Jupyter Notebook**

After installing Anaconda, open Anaconda Navigator and launch Jupyter Notebook. Alternatively, you can open a terminal or command prompt and type:

Copy code: jupyter notebook

This will open a new browser window or tab with the Jupyter Notebook interface.

**Step 3: Upload the IPython Notebook File**

Navigate to the directory where your IPython Notebook file is located. Click on the "Upload" button in the top right corner of the Jupyter Notebook interface and select your IPython Notebook file (**example.ipynb**).

**Step 4: Install Required Libraries**

If your IPython Notebook file requires any additional libraries, you can install them using Anaconda. Open a new terminal or command prompt and type:

code: pip install library

Replace **<library-name>** with the name of the library you want to install.

**Step 5: Run Each Cell**

Once your IPython Notebook file is uploaded and any required libraries are installed, you can run each cell in the notebook by selecting the cell and pressing **Shift + Enter**. Follow the instructions within the notebook to interact with the code and view the results.

These steps should help you open and run the IPython Notebook file successfully using Anaconda and Jupyter Notebook. If you have any questions or encounter any issues, feel free to reach out for assistance.