1) Download "VS_2015_Introduction_files.zip" from the book publisher.
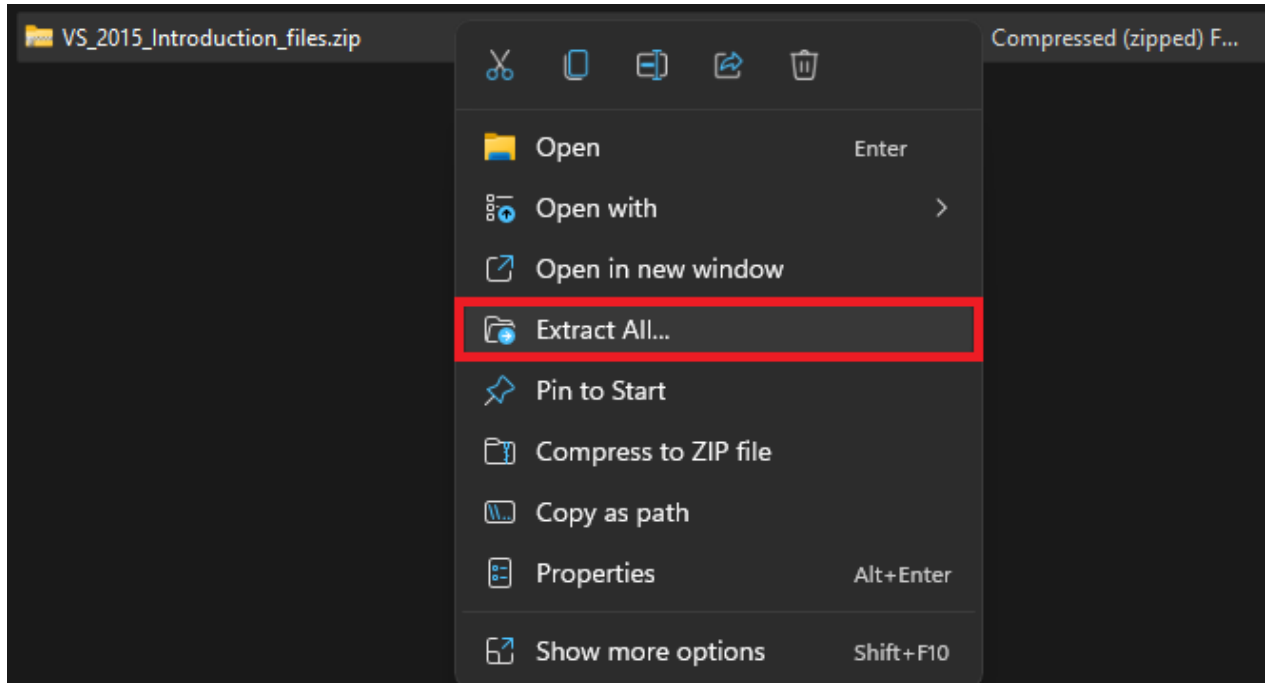
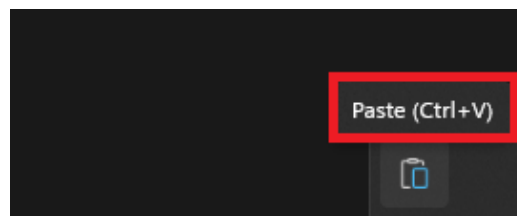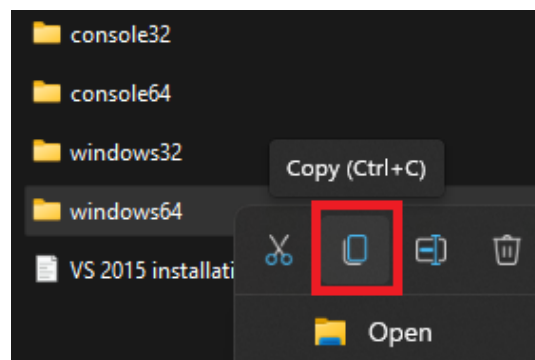https://www.jblearning.com/catalog/productdetails/9781284036121

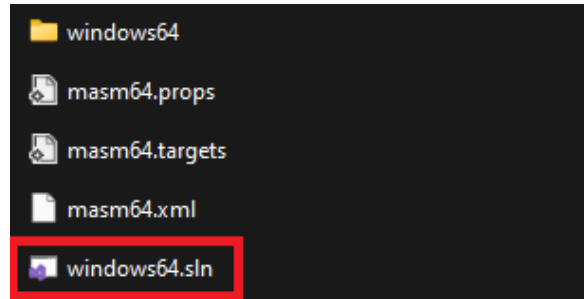2) If your browser gives you a content warning, click "Keep" or the applicable option.
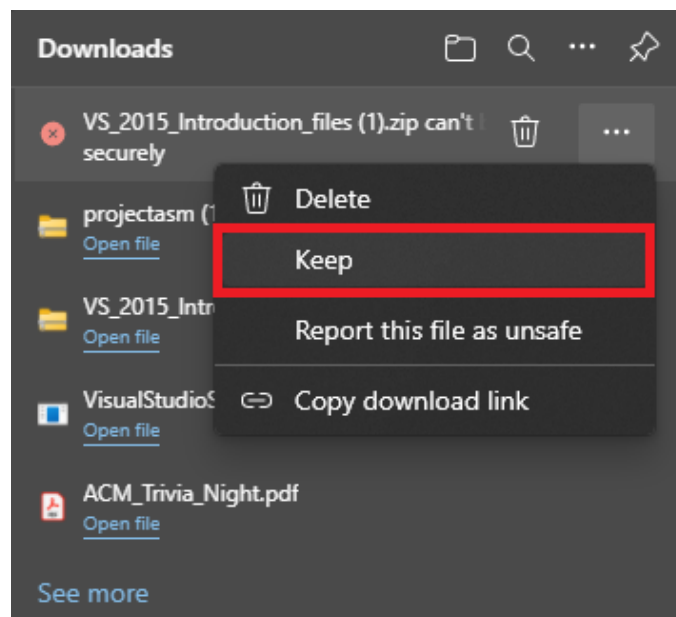
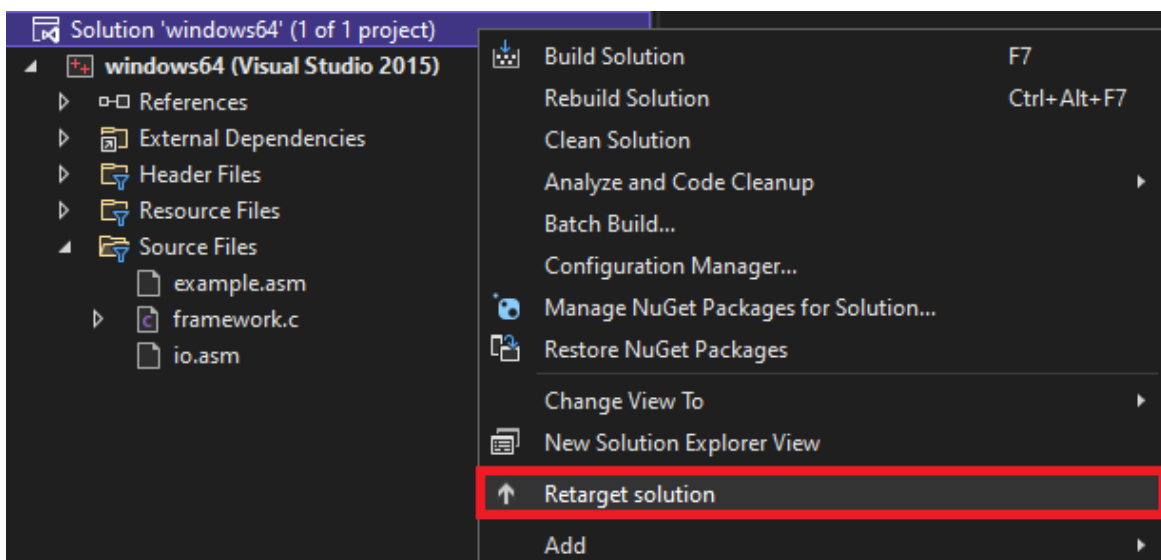3) Extract the zip folder to the folder you are working in.

4) Choose the appropriate folder for your operating system and copy it to your project folder.
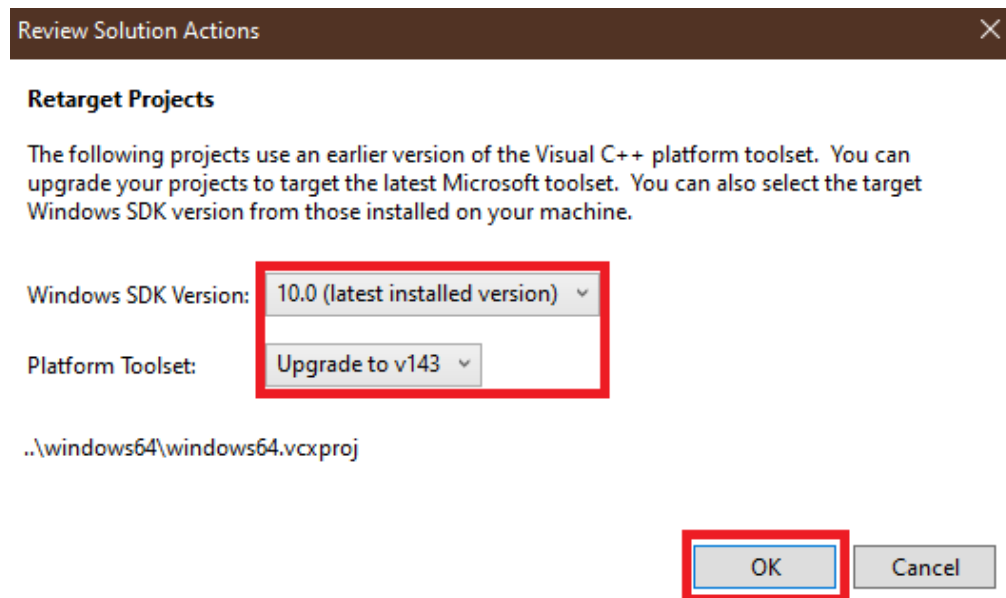windows64 > windows32 > console64 > console32

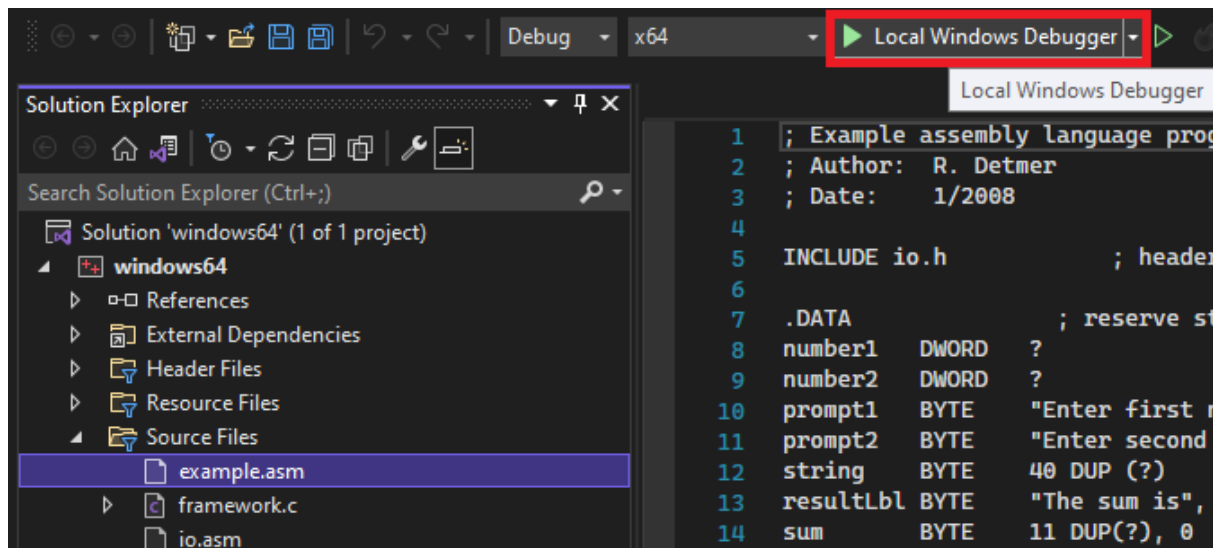5) Open the new folder, then double-click the ".sln" file.

6) Right click the solution, then click "Retarget Solution".

7) Select the upgrade option for both prompts.

8) Select "example.asm" and run the local debugger to test if the upgrade succeeded.

Extra) Save a copy of this upgraded project, instead of having to upgrade the original every time.