8 Easy Steps to Hangout with Shrink Rap Radio on Google+

1. Create a Gmail account
   Click here to set up an account. Follow the online instructions (If you already have an account, skip this step and sign in. Then go to step 3).

2. Create your profile
   Follow the online instructions, complete your profile by uploading a photo and what information about yourself that you wish to share. For a quick start skip this, you can always add your details later. Once done, click the blue Upgrade button. You can ignore the rest of the online instructions and go to my next step.

3. Go To Shrink Rap Radio’s Page
   Click this link gplusid.com/ShrinkRapRadio
4. Add Shrink Rap Radio to a circle
Click on the red *follow* button next to the Shrink Rap Radio logo and select the *following* box.

**Congratulations!**
You are now following Shrink Rap Radio!

5. Hang out with Dr Dave
Now that you are following Shrink Rap Radio, Dr Dave will now add you to his circle and follow you!
When Dr Dave invites you to hang out a request to join will appear within the news feed area of your page. When this occurs, your PC or Mac may also make a ringing noise to indicate an invite. Just click on the blue *hangout button*.

6. Hangout window
A window will now appear as the video chat screen where you will see Dr Dave and others who may be hanging out in the group (If this is the first time that you have used Google hangouts you will be asked to install a plug-in. Go ahead with this request by following the instructions. You may have to rejoin the hangout once this plug-in is installed).
7. Join the hangout
Once the hangout window has loaded you will be asked to join. Do so by clicking the blue join button.

8. You are now hanging!
Congratulations, you are now hanging out with Dr Dave at Shrink Rap Radio!