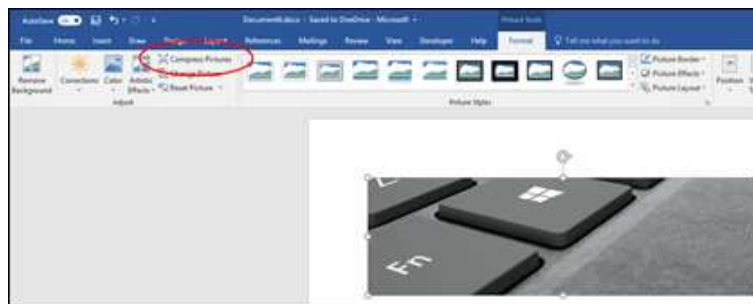


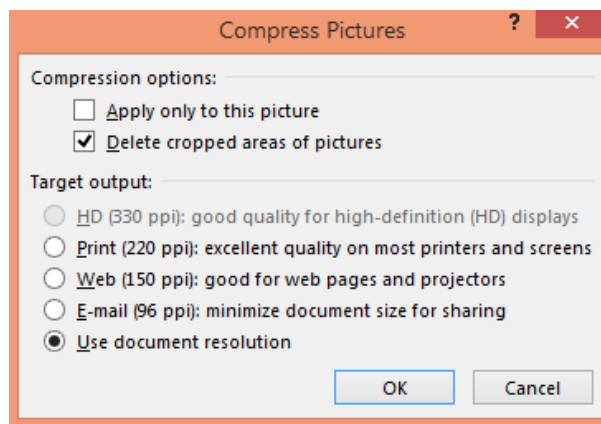
How to Compress pictures

When you cannot upload your manuscript file to IJOP site, due to its higher volume than the site limit, you can reduce the size of your file by compressing the pictures:

1. **Select the picture or pictures** that you want to compress.
2. **Picture Tools → Format → Adjust → Compress Pictures.**



3. First, only delete the **cropped areas** of pictures:



4. After saving the file, if still the size is high, reduce the resolution of some pictures that do not need high resolution:

