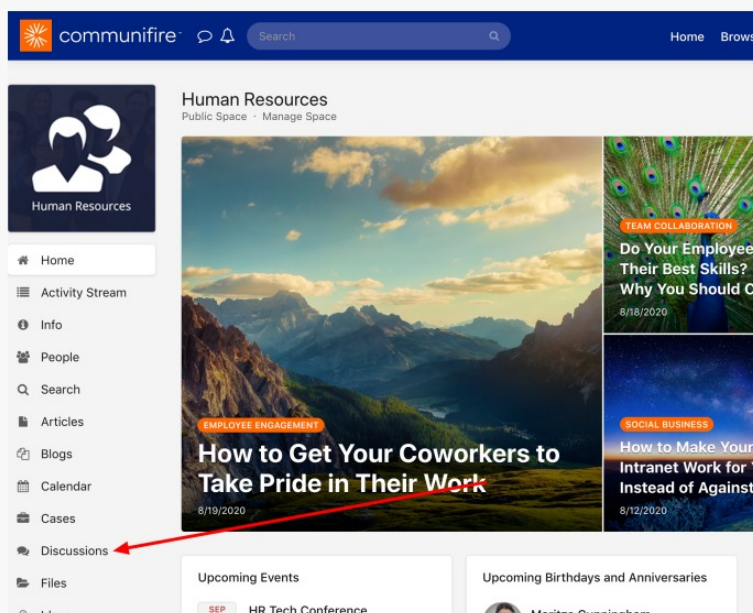


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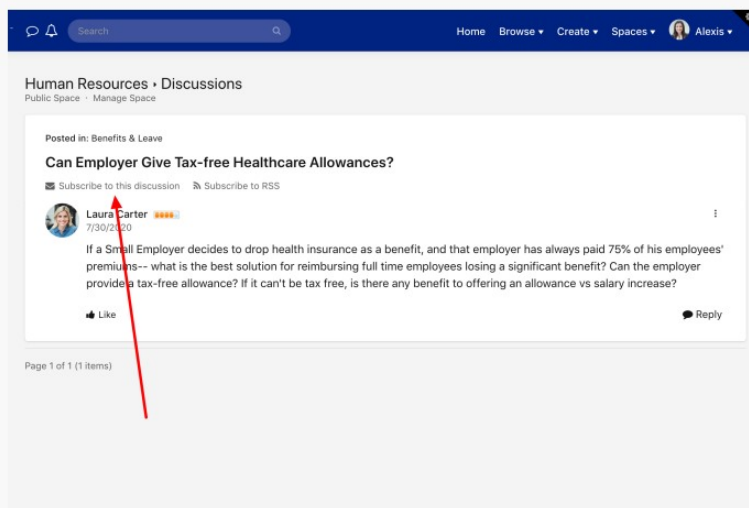
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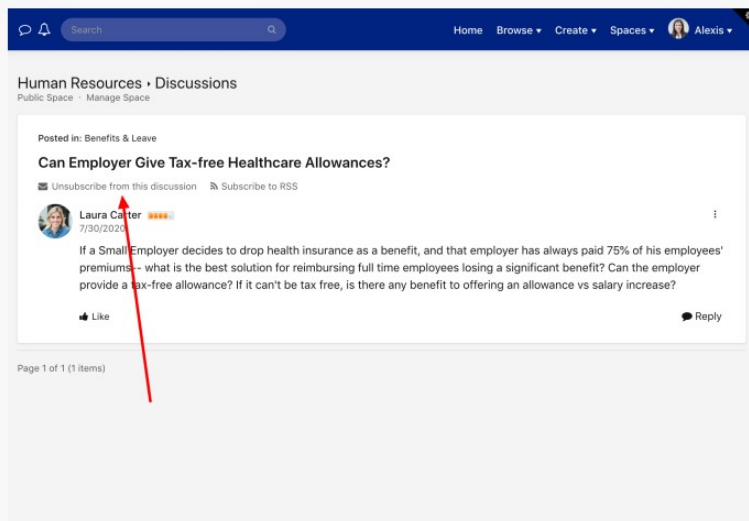
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2. In the left menu, click **My Content** > **Discussions**.
3. Click **My Subscriptions**.
4. For a discussion, click **Unsubscribe**.

tags : member