R Installation Instructions

1. Download R from `http://cran.r-project.org/mirrors.html`.[1]

2. Once you've picked a mirror:

   - Windows users: download the base file.
   - Mac users: download the R binary file.

3. When it's done downloading, install R.

4. (Optional) Download and install the most recent version of RStudio from `http://www.rstudio.com/ide/download/desktop`.[2]

   - Make sure you install R before RStudio. Not doing so could potentially cause issues.

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[1]It doesn't matter which mirror you use, although I usually use one in the US because they're usually faster.

[2]RStudio is, in my opinion, the best IDE (integrated development environment) for R. It allows you to simultaneously see your R Console, multiple scripts of code, all the objects in your workspace, your working directory, plots, installed packages, and help files. You don't need RStudio (or any IDE) to run R, but it makes your life a lot easier.