Fix the Anaconda installation

Unfortunately, Anaconda version 2022.05 comes with a buggy Spyder IDE (v5.1.5) [Issue: using Python's input() function will just crash Spyder!]

- 1. To fix this and update Spyder, first make sure Spyder is closed
- 2. Open the Anaconda Prompt by using in the Windows search bar
- 3. A Command Prompt will open
- 4. Type conda update anaconda hit [Enter] and WAIT...
- 5. Type y when asked to Proceed, then wait again (can take > 30 minutes)
- 6. Type conda remove spyder hit [Enter], wait and type y to Proceed
- 7. Type conda install spyder hit [Enter], wait and type y to Proceed
- 8. Once completed, close the console and restart Spyder