Protect, Clean Up and Speed Up Your Computer for SENIORS

Regular maintenance of your computer will keep your system running smoothly and efficiently. But, can you do this systematically? This book explains step by step what you can do to optimize Windows and clean up the hard drive. You will learn how to protect your computer from viruses and spyware and how to manage the privacy settings in Internet Explorer. You can make your computer run faster by doing a disk defragmentation and by keeping your startup programs in check. You will also learn how to use the Check Disk program to correct errors on your hard drive. All of these measures will help you keep your computer more stable and in good shape.

Learn how to:

- protect your computer from viruses and spyware
- configure Windows Firewall
- manage the privacy and security settings in Internet Explorer
- filter unwanted e-mail
- clear your browsing history in Internet Explorer
- defrag the hard drive using Disk Defragmenter
- create a System Restore Point
- use Windows Update
- manage start up programs

Suitable for:

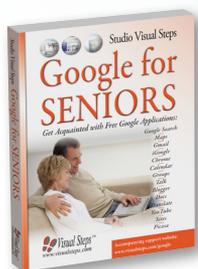Windows 7 / Windows Vista / Windows XP

Prior experience:

Basic computer skills

Accompanying support website:

www.visualsteps.com/protect

Also available

Google for SENIORS
ISBN 978 90 5905 236 9

Visual Steps™

Protect, Clean Up and Speed Up Your Computer for SENIORS makes use of the Visual Steps method developed for adult learners by **Addo Stuur**. Key features in the series... for SENIORS:

- **Content** - the special needs and requirements of the beginning user with little or no technical background have been taken into account.
- **Structure** - self-paced, learn as you go. Proceed step by step with easy to follow instructions. What's more, the chapters are organized in such a way that you can skip a chapter or repeat another as desired.
- **Illustrations** - plentiful use of screen illustrations to show you if you are on the right track.
- **Layout** - large print makes it easy to read.

The Studio Visual Steps Authors

The Studio Visual Steps team of authors consists of different professionals, all thoroughly experienced in their subject field. The proven Visual Steps methodology features:

- Easy, step-by-step instructions
- Screen illustrations for each step
- Explanations and additional background information in plain English

Visual Steps™
www.visualsteps.com

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