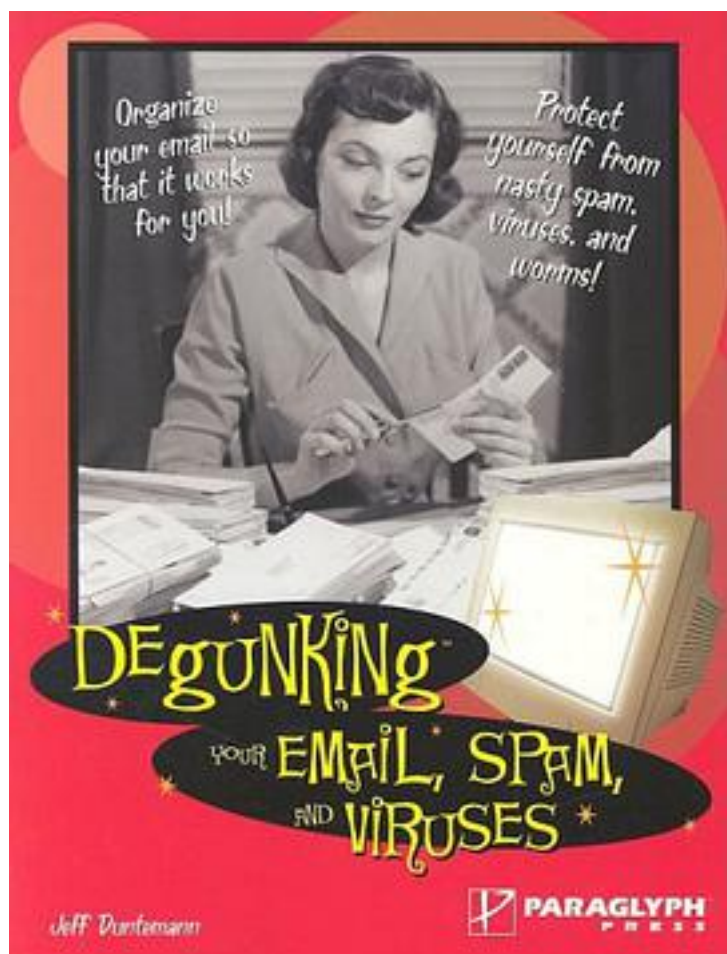# Degunking Your Email, Spam and Viruses

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The Internet and email has become a communications bonanza, allowing people to socialize, do business, shop, and enhance their education just about anywhere there is a computer. As convenient as all this communication is, it also creates piles of

electronic clutter that accumulate on your computer, creating a blizzard of overstuffed files, annoying spam, and pop-ups, and making you vulnerable to dangerous hackers and viruses. "Degunking Your Email, Spam, and Viruses is organized according to a special cleaning process and written in everyday language that is designed for all computer users. With our unique 12-step Degunking program, you'll learn all the tried-and-true techniques to keep your computer clutter-free of spam and viruses and running well. The unique Degunking with Time Limitations chart shows how you can improve your computer's performance and keep your email better organized, regardless of whether you have ten minutes or a few hours. This book also provides information and links to free utilities and programs that will help you get rid of viruses, manage your email better, and protect your computer.

作者介绍:

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