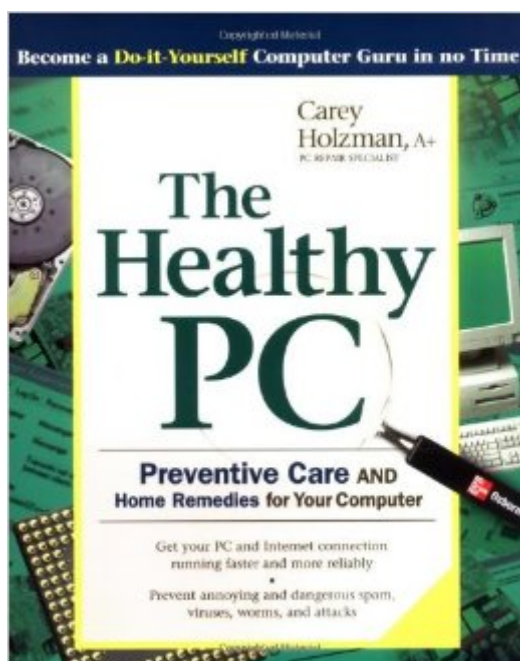


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# The Healthy PC: Preventive Care And Home Remedies For Your Computer (Consumer Education)



## Synopsis

Learn routine maintenance as well as desktop basics, hard drive care and defragmentation, and plenty more to make your PC more efficient and keep it running smoothly. Learn software management, tame the Internet, secure your machine, deal with downloads, and much more.

## Book Information

Series: Consumer Education

Paperback: 256 pages

Publisher: McGraw-Hill Osborne Media; 1 edition (May 2003)

Language: English

ISBN-10: 0072229233

ISBN-13: 978-0072229233

Product Dimensions: 7.3 x 0.5 x 9.1 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #1,632,994 in Books (See Top 100 in Books) #193 in [Books > Computers & Technology > Hardware & DIY > Maintenance, Repair & Upgrading](#) #516 in [Books > Computers & Technology > Hardware & DIY > Personal Computers > PCs](#) #20489 in [Books > Textbooks > Computer Science](#)

## Customer Reviews

Don't let the cover fool you. This is a must-have book for the person who needs to use a computer and the Internet as tools, but feels uneasy or confused about how to do so safely and has little or no computer background. It is not as much for those who want to become "do-it-yourself computer gurus" and work on their computers as it is for those who want their computer and Internet connection to work reliably for them. Virtually no technical jargon is used and generally when a computer term is used it is clearly defined or explained. The title also seems too restrictive. The book covers Internet issues as well as PC issues. "The Healthy PC" is an invaluable reference for both the computer and the Internet, but it is written in such a way as to be worth reading from start to finish as well. In addition to explanations, definitions, helpful tips and background information, step by step instructions are provided which are fully illustrated with pictures of what the screen will look like at each step of each procedure. Among the topics covered are ways to maintain and upgrade the computer, optimize performance and reliability of the PC and Internet connection, Internet issues (including safety, security and privacy), and much more. The author suggests what to do

when dealing with threats and annoyances such as viruses, hoaxes, worms, spam, and spyware in addition to e-mail software and firewalls. We all know that if you look hard enough everything will have its positives and negatives. If I had to nitpick to find a negative, all I could come up with is timeliness, which is out of the author's control when dealing with publication deadlines.

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