



# **How to Stop E-Mail Spam, Spyware, Malware, Computer Viruses and Hackers from Ruining Your Computer or Network: The Complete Guide for Your Home and Work**

*Bruce C Brown*

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It seems like everywhere you go on the Internet, there is spam, spyware, and the risk of viruses infecting your computer and ruining your online experience. In businesses alone, according to Nucleus Research Inc., spam costs more than \$712 per employee in productivity and computing resources each year. Spyware slows computers, ruins files, and can result in stolen information. According to the same Nucleus Research report, businesses lose more than \$70 billion annually because of computer viruses — and the cost continues to rise as every major company moves to a fully digital workplace.

Every time you download a computer virus or click on a spam e-mail by accident, you are wasting money, endangering your computer, and risking the loss of personal and business information. This complete, revolutionary book has compiled all of the vital information you need to make sure that you are able to combat the billion dollar risk of incursive software infecting your home and work computers.

With *How to Stop E-mail Spam, Spyware, and Computer Viruses from Ruining Your Computer*, you will learn why there is so much spam in your inbox, how the spammer thinks, and what the goals of spyware and viruses actually are. Then, you will learn how you can start spam-proofing your inbox by never giving away personal information and using secure e-mail clients. You will learn how companies get spyware onto your hard drive and what you can do to block it from appearing. Learn which viruses have caused the most damage and how they can infect your computer. Then, discover which software is most effective at blocking the download and infestation of viruses onto your hard drives.

You will learn the value of a good firewall, what it does to stop the ill will of spammers and hackers, and what actions you can take to block the breach of your firewall and your computer's defenses. Learn how to remove spyware from your computer and make sure you are not giving away personal or valuable work information. This guide will also teach you how to lock down your inbox and desktop to keep that software from returning. Find out what to do when you do get a virus and how to return your computer to the state of security it was in beforehand.

Most importantly, with the valued input gathered from interviews with computer security and safety experts, you will learn how you became a target for all that spam. Discover what you are doing that makes it so easy for spammers to fill your inbox and how to safeguard your e-mail. Once you have tackled the source of the problems, as outlined in this book, you will have all the tools you need to combat the incursive and destructive effects of spam, spyware, and computer viruses.

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