

Speed up your computer in 5 easy Steps

[How to Speed up your computer in 5 easy to accomplish steps.](#)

For Windows 7, Vista and XP

By Jeff Page © Copyright 2010

Windows Registry Repair

Is this book for you?

...Unless you are a techy absolutely. This book is designed for novice users. After reading this you are going to feel empowered by the fact that you can speed up and maintain your computer. So much that you might feel like a techy by the time you are done reading this.

Do I really need to replace my computer??

When your computer was brand new it was running at its peak performance.

You are most likely reading this because your computer is no longer running as fast as it was when you first purchased it. You might be thinking if you purchased a new computer your performance problem would be solved. Well I'm here to tell you, you are absolutely right. Buying a new computer system will solve your performance issues....Temporarily that is. Your problem is not that your computer is out of date or broken your problem is that your computer is not properly maintained. My goal is to show you a way to speed up your computer quickly and easily.

In this volume I will teach you 5 easy steps that will speed up your computer.

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Step1

Taking out the Trash

Let's not get to technical here to start out. Junk gets into your computer as you surf the internet and through general usage. Junk needs to be put in the trash. It is as simple as that.

Follow these easy steps to perform Disk Clean up.

Open My Computer

RIGHT CLICK on your C DRIVE ICON

SELECT PROPERTIES

Press the DISK CLEAN UP button

You should have this screen (or something similar)

What is Disk Clean up?

Disk Clean up removes temp files, Downloaded program files as well as optional components you are not using, and even empties your recycle bin. When it is finished you don't need to restart.

Now how easy was that?

Few things in life are as advertised and believe or it or not you have taken a huge step in repairing your computer.

Step 2

Removing Unnecessary Programs

Every time you install a program it make changes to your system which can in turn make your computer run slow. Uninstalling programs can undo these changes and free up system resources

in the process which should give you a nice performance boost.

Follow these steps to remove unnecessary programs.

Click your **Start button** and find your **Control Panel**

Look for an **Add Remove programs** icon or an icon labeled **Programs and Features** if you are running **Vista** or **Windows 7**

Uninstall all unneeded applications and restart your computer when you are finished

Step 3

Eliminate Start up Items

Programs running in the background take up memory and steal system resources. This is by far the most common reason systems progressively slow down. When you install an application for the first time in most cases they will set themselves to load at start up. There are 2 places you can look for these applications. The first place is your start up folder and the second place we will cover in Step 5.

Follow these steps to empty of your start up folder

In your **Start Menu** select **Programs** then **Start Up**. Now **Right Click** and **Delete** each short cut.

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Step 4

Defragmenting you hard drive the right way

Every time for install a program, create or delete a file data gets scattered on your hard drive. Windows needs continuous blocks of hard drive space to use as cache. Cache in Windows is called virtual memory. This is used when all your physical memory has been utilized. Every so often data needs to be consolidated so that Windows has enough continuous space to use as virtual memory. Before we run Disk Defrag follow the step below and run scan disk.

Scan disk corrects data errors on your hard drive. It is important to correct data errors before you run disk defrag. Make run all programs are close before you start

Right click on your **C drive icon** in **My Computer** and select **Tools**. Click the **Check Now** button.

Disk Defrag is in the same window as **Scan Disk**. Again make sure to close all programs before starting

Scan Disk and Disk Defrag should be run at least 5 or 6 times a year depending on usage.

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Step 5

Eliminating Start up programs in your Windows Registry

What is the Windows Registry?

Every time a program is installed it uses the Windows registry to store settings vital to running the application. Unfortunately programs also use the Registry to load at start up. We need to find the start up folder and delete these settings. The following shows you how.

Run Regedit

Click start and in the start search box Type **Regedit**

Your screen should look like the one below

Open Hkey_Local_Machine

Look for the **Software** folder and open it

Next open the **Microsoft** folder and open the **Windows** folder

Inside the **Windows** Folder find and open **Current version**

Now just highlight the **Run** folder

Your screen should look like this.

Delete all unneeded **start up items** by right clicking on each icon and choosing **Delete**

You can look at the **data column** and see what program the setting belongs to.

Removing Start up Items from Hkey_Current_User

Set your path to: **Hkey_Current_User\Software\Microsoft\Windows\Current Version\Run**

Remove any start up programs you feel are unnecessary

Reducing the Size of your Registry

The registry is a dumping ground for application settings. Uninstalling the program

doesn't always reverse the changes it made to your registry. This causes your registry to grow overtime. Every time your computer boots it needs to load your registry so the bigger your registry the slower your computer runs. This is exactly why computers progressively slow down. Re-installing Windows is the best way to solve this issue. Unfortunately this is way to time consuming and takes a little bit of know how to accomplish. There is an alternative way to reduce the size of your registry and keep it reduced. Spend a few bucks and download a registry cleaner. Not only will it keep your registry in check it also repairs windows errors. I use RegCure professionally and I strongly recommend it to anyone who owns a computer.

Click [here](#) to Try Regcure

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