Your Free 8 Day eCourse

Note: You **may** give this e-book away to your subscribers or those who are interested.

Produced by Alex Miller

What's In This 8-Day eCourse?

My 8-day eCourse Will Cover:

- **Day 1:** The Crucial Difference Between Spyware & Viruses

- **Day 2:** How To Avoid Spyware

- **Day 3:** How To Get Rid Of Spyware/Adware

- **Day 4:** How To Avoid Computer Viruses

- **Day 5:** How To Kill Off Computer Viruses…Today!

- **Day 6:** The Importance Of Your Windows Registry

- **Day 7:** Total Course Re-Cap

- **Day 8:** Extra Tips & FAQ's Answered

If you have any questions whatsoever, feel free to send me an email and I will get back to you as soon as possible:: mail@spywareremoversolution.com

Day 1: The Crucial Difference Between Spyware & Viruses

Hey,

Well, this is the start of my mini-course – I hope you enjoy it!

The course is designed to be short, punchy and to give **genuine** solutions to your computer problems. So don't worry, it's not long-winded and full of jargon!

At the end of the 8th day, I will send you the entire course in PDF form so that you can refer to it, send it on to subscribers, friends etc.

Today, we need to talk about the ***BIG*** difference between spyware & viruses, an extremely important issue.

➢ **Viruses:**

A virus spreads malicious software from computer to computer which can cause disastrous effects to your system.

It can be caught through downloading files, receiving emails, sharing floppy disks, USB's, CD's etc

These viruses can only be removed effectively using Anti-Virus software, which your computer comes with when first purchased. I talk more about this on Day 5 of my course.

➢ **Spyware (sometimes called 'Adware'):**

Spyware is unwanted software which collects information about you without you knowing, and it is caught through ***regular*** use of the Internet.

Spyware can monitor your keystrokes, scan files on the hard drive, install other spyware programs and gather information about *__your__* email addresses, passwords and credit card numbers.

Spyware *__cannot__* be removed with an Anti-Virus product because the software see's the spyware on your computer as a 'safe and trustworthy file' as it has been programmed to only detect viruses.

For this reason, Anti-Spyware software was produced. If both types of software are used together, you can enjoy using a bug-free computer ☺

*__*__*

If you weren't sure of the difference between the two, I hope I have been able to explain it clearly to you today!

I know I keep going on about it, but it is crucial to realise the importance of tackling both separate problems.

Ok, thanks for reading – tomorrow I'll talk to you about methods of avoiding catching spyware.

Have a nice day,

Alex

Day 2: How To Avoid Spyware

Hey,

Let's get straight into it…☺

Adware & Spyware are caught through the regular use of the Internet. Below are some tips on how you can avoid having spyware installed on your computer without you knowing.

1. Keep Microsoft Windows Updated

- Many users are still not quite sure why it is necessary to download software updates on a regular basis.

- Security holes in software products are *regularly* discovered, and must be fixed by the software maker, through updates.

- Well, in the case of Microsoft windows (your operating system), it's *vital* that you keep it updated, since most attacks take advantage of security flaws that have been already fixed in the latest updates.

Therefore, it is critical that you download these types of updates in order to combat certain loop holes in their security system.

2. Don't Use Internet Explorer

- To most people, this suggestion will seem to make no sense at all, which raises the question:

*"**How do I access the Internet, then?**"*

➕ Without sending you to sleep with lots of detail, **Internet Explorer** (IE) is a *web browser*, usually just referred to as a "browser".

It's _**a**_ browser - meaning, it's one of them, there are others.

➕ IE is a browser which has a large history of **security problems,** which are vastly reduced by keeping Windows up to date (see **tip #1**), but not completely eliminated.

➕ A lot of spyware installs itself, **without knowledge** or **authorization** by the user, through Internet Explorer.

Merely using it to browse the Internet tends to make a PC become *infested* with spyware in a short time.

➕ In my opinion, IE has only **2** valid uses:

1. For downloading another browser
2. For updating Windows (once again, see tip #1).

➕ You might now be asking: *"Well then Alex, which other browser should you use?"*

Personally, I recommend [Mozilla Firefox](), but [Opera]() is also an excellent, secure and easy to use browser.

3. Be Wary Of Dubious Software

➕ I apologise for this rather vague piece of advice, but essentially the way to avoid trouble is simple:

   o ***Only*** install software downloaded from the maker's site, or from official "mirrors", and not from other places (especially peer-to-peer networks).

You might then say *"well, what if the maker is dodgy?"*

My answer would be: "Sometimes, it is almost impossible to tell if a maker is legitimate or not, and that is part of the risk we take when using the Internet."

If you are in doubt, you always have the option of asking someone techie or 'in the know'…

Or you can *always* ask me! Send me an email at: mail@spywareremoversolution.com

4. Use An Anti-Spyware Software Product

- If you want to be 99.9% safe when using the Internet, the best way is to use an anti-spyware software product which will obliterate all of these problems!

- You*cannot* remove spyware problems with anti-virus software, because the software simply won't detect them. I know I keep saying this, but this is crucial to your understanding.

Right, that's enough jargon for today…more on that tomorrow…stay tuned ☺

Many thanks,

Alex

Day 3: How To Get Rid Of Spyware / Adware

Hey,

Yesterday we talked about methods of preventing Spyware/Adware getting on your computer.

Now, I'm going to briefly talk about how you can get **rid** of 99.9% of all spyware infections that you have today, or catch in the future.

- I'm sure that you have seen a number of spyware removers on the Internet.

- This kind of software is *brilliant* – it scans your entire computer (just like an anti-virus package would) and it will get rid of all spyware infections – no knowledge or action is needed on your part.

- Brilliant eh! The only **problem** is, many of these spyware removal products only get rid of the *majority* of spyware infections.

   This problem is even worse with the free products, they simply have tiny spyware databases and so it leaves your computer half done. Not good.

- I've purchased (and consequently refunded!) 5-6 software packages. Eventually (phew!) I came across one product that actually **'did what it said on the tin'**….so to speak!

- I highly recommend it to you because it really does *remove* all those horrible spyware infections.

- The **awesome** feature it has is that if it can't remove a certain spyware virus that you have lurking on your computer, the software will send the details to the company, and they will *personally* see that it is removed!

How Cool Is That Eh?

Anyways, check it out…

At the time of writing, if you decide to go for the XoftSpySE Anti-Spyware product, you receive a fantastic registry cleaner product **free** (RegCure), which will clean up your windows registry and make it run a whole lot faster!

Your windows registry is completely explained on Day 6.

My Recommended Anti-Spyware Product: **XoftSpySE Anti-Spyware**

It will **scan** your computer for free, inform you of any infections you might have, and then if you have infections that need removing, you can instantly download the full product.
(when you come to purchase, they add-in the registry cleaner product).

It costs about $39 for both the anti-spyware product and the registry cleaner – which is a one off fee – excellent value!

It might be that your computer is bug-free, but you'll only know if you give it a go - I always use those 2 products…**religiously.**

Until tomorrow fellow reader!

Alex

Day 4: How To Avoid Computer Viruses

Hey,

It's me again – did you **benefit** at all from my advice over the last few days? I hope so ☺

Anyways, let's chat briefly about avoiding computer viruses – wow they are annoying and very dangerous!

Right, there are hundreds methods of avoiding viruses, but I've tried to condense them to the most important ones:

1. **NEVER** open any files with a double file extension, (e.g. iamavirus.txt.vbs). You should never receive these types of files anyhow, but if you do, delete them immediately!

2. **AVOID** downloading executables or documents (.exe or .doc etc) from the Internet as these are often used to spread computer viruses.

   Anything that runs on your PC should be checked and approved first by a **virus scanner** (more on this later).

3. Any email you weren't expecting should be treated with **suspicion,** especially those with attachments.

   Just by opening an attachment or even **just** the email, you can have a new virus roaming around your computer. Beware!

4. **Bank Scams:** Ignore emails from banks, unless you have *explicitly* asked the bank to communicate with you via e-mail.

   Many of these are now being sent to people thinking that it is the actual bank emailing

them. These scam artists are getting cleverer by the day, so **watch out** for them as well!

5. Lately, I have received **MANY** emails from people claiming that I have won a serious amount of $$$.

   The emails look quite professional, and they say that they can only transfer the money to my account if I reply with **ALL** of my details (name, address, phone number, bank account etc)

   Stay **completely** clear of this – they are simply trying to collect information about you so that they:

   a) know that your email is active, therefore so they can continue to spam you and send viruses, Trojan horses etc
   b) can use your details for fraud.

In terms of detecting viruses, usually your computer comes with some anti-virus software.

Unsurprisingly, most of them are not the best software packages available on the market.

Tomorrow I will talk to you about virus remover solutions…stay tuned!

Have a great day,

Alex

Day 5: How To Kill Off Computer Viruses…Today!

Hey,

I hope you're having a good day; the sun is poking its head out a bit here so I'm happy ☺

Right, today we're talking about **killing off virus's** right?

- As with spyware prevention, there are **software solutions** to your virus problems. It is the only way to do it securely and safely.

- It is practically ***impossible*** to remove viruses manually because most of them are undetectable by you.

    Unless you can scan over ½ million files yourself (an average computer has this, think of how many it takes to run Microsoft Windows!), you must use some form of anti-virus software.

- I did try many free anti-virus packages that you find surfing the Internet (thinking that I could save a few bucks!), but when I compared the results to a purchased package the results were *crazy*.
    As in, the free package missed over 20-25% of what the purchased software detected.

    To be fair, I thought this would happen – one is free (very few updates, little maintenance), and the other costs money, resulting in an **updated** and constantly improved product.

- I didn't have to purchase **as many** packages as I did with anti-spyware products – I was more successful with anti-virus tools.

When you purchase a PC or laptop, an anti-virus package will have already been installed on it – most likely Norton Anti-Virus or something similar.

- In my experience, and also many other experts, Norton is a great product and it will remove a large number of viruses – but it is not **as effective** as a product I am using at the moment.

- The product I use has a larger virus database and so it can detect many **more threats** than Norton or the equivalent anti-virus protect.

- I actually did a test between Norton Antivirus and my product, and Norton unfortunately caught **6** fewer viruses (ouch!). The product which I recommend to you is called **AVG-Antivirus.**

You can check out the product here if you're interested: **AVG Anti-Virus**

Ok guys, that's it for another short but punchy lesson!

Kind regards,

Alex

Day 6: The Importance of Your Windows Registry…

Hey,

I hope by now you are able to look after your computer in terms of spyware & viruses.

As always, let me know if you need any help or assistance with problems that you might encounter.

I hope the products that I recommended to you are to your liking, if you haven't had the chance to look at them, here they are again:

Anti-Spyware: XoftSpySE Anti-Spyware
Anti-Virus: AVG Anti-Virus

Remember that you must tackle each problem separately (viruses vs spyware) with each piece of software. It may well be that your computer is problem-free!
They give you a free scan so go ahead and see the status of it and whether it needs attention!

Note: If you have never run an anti-spyware product on your computer, you may be in for a shock!
My first scan genuinely showed up over **400+ spyware threats**… but then again XoftSpySE cleared them all up!

Right, back to the course…

Today's lesson: The Importance of Your Windows Registry…

This is a really important lesson today, so grab a cup of coffee or your favourite drink, and have a good read through this one.

Right, I need to talk to you about your windows registry.

What Is Your Windows Registry?

- Think of your registry as a **huge database** that holds the complete inventory and **location** of every file, folder, program and process that lives on your computer.

- This information is used to tell programs how to run and locate the files needed to perform a certain task – kinda like a big instruction booklet.

When files or programs are added to or removed from your PC, the registry is **modified** to make note of these changes.

Now, there are **2 major problems** with your windows registry:

1. When you choose to uninstall or remove a program/file, it **almost never** is completely removed from your computer.

   Consequently, lots of useless information is left there, **cluttering** up and **clogging** your registry – which we know is the most important part!

2. As you use your computer, adding files and programs, the hard disk begins to **fill up.**

   Deleting files or removing programs creates small empty areas among the other data that the computer will reuse.

   After time, the computer is no longer saving information in large blocks. Instead, it stores information in the **many** little empty **nooks** and **crannies** of your hard disk.

The result is that one program or file is broken up, or fragmented, into little pieces and stored in many different areas of the hard disk.

The more broken up the information is, the longer it takes to access the data and the slower the computer becomes.

Both problems result in your computer:

a)   **Running Slowly & Sluggishly**

b)   **Displaying Strange Error Messages**

c)   **Sometimes Randomly Crashing.**

Important: These registry problems ***cannot*** be solved using anti-spyware software, and **must** be tackled using a windows registry cleaner product.

The solution to these problems is split into 2 simple parts.

They **must** be executed in this order:

Solution To Problem #1: Run A Windows Registry Cleaner Product

Explanation:

Registry cleaner software **eliminates** the **clutter** and **junk** that builds up in your computer's registry from installing and removing programs, deleting and creating files and surfing online.

This results in a **fast** optimized registry that keeps your computer running properly.

Without such tune ups your computer can become **sluggish**, full of **error messages** and experience frequent system **crashes.**

The product which I highly recommend that you use in order to completely **clean-up** your computer from registry problems is called RegCure**.**

They, like most programs, offer you a free scan to see what shape your computer is in, afterwards you can deal with any problems. Enjoy.

Note: As I mentioned in Day 3, if you buy XoftSpySE anti-spyware, you actually receive this product completely free!

Therefore, if you would like both products just go to this link:

XoftSpySE Anti-Spyware

When it comes to registering the product, they will add the RegCure product in as well. Nice!

On the other hand, if you have an excellent anti-spyware product already, you can just head to this link: **RegCure PC Optimizer** to pick up a very powerful piece of registry cleaning software.

Right, moving on...☺

(next page)

⚓ **Solution To Problem #2:** Defragment Your Hard Drive Regularly

Your Windows computer comes loaded with a program that will defragment your hard disk for you.
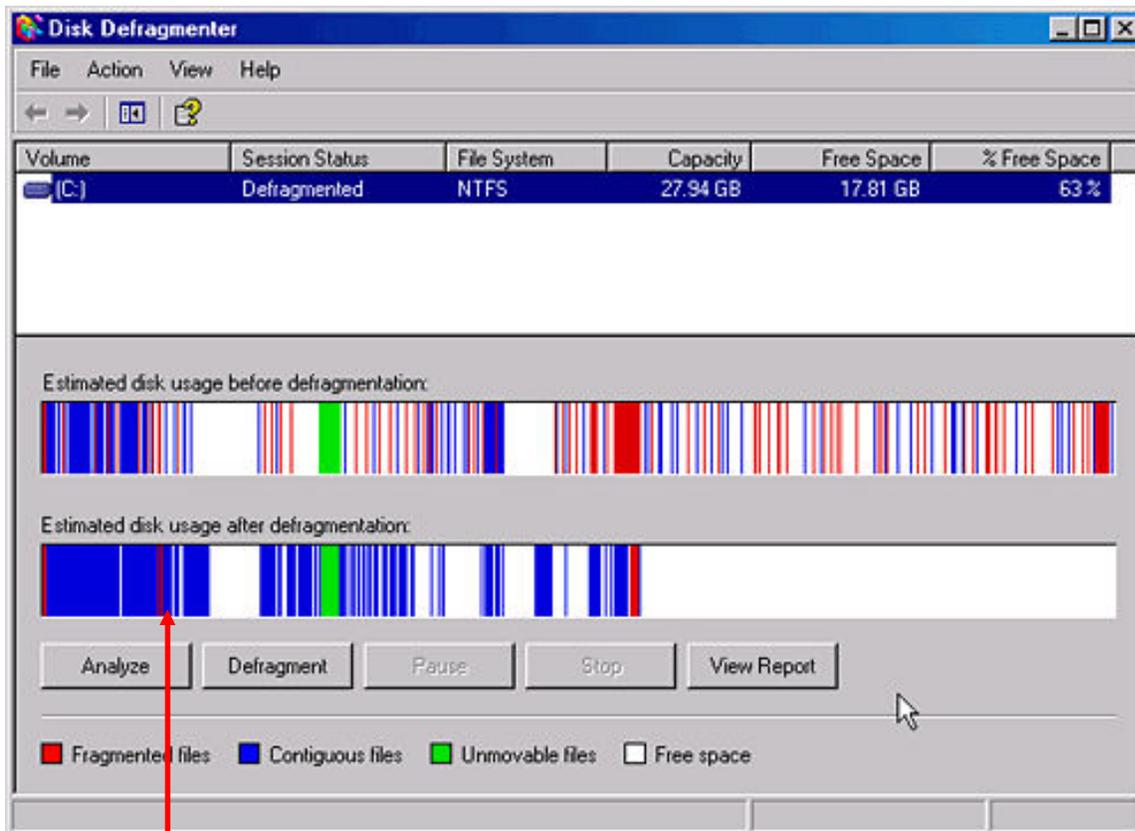
Q: What does defragging do?

Well, this process **reunites** all the data into large blocks and gathers all the free space on the hard disk into one block making data retrieval **faster** and **easier** for the computer.

You can find the disk defrag program by:

1. Clicking on the Start button

2. Then choose (All) Programs, Accessories, System Tools

3. Finally click on the Disk Defragmenter.

Below is an image of the defragment screen. Just to let you know, this computer had not been defragmented for over a year – it would give me a **heart attack** if mine was is this condition!

- The red blocks are those which have not been defragmented.

  (i.e. it will take a lot of time for the computer to locate these, they are in no order or sequence).

- The second image shows your hard disk **after** it has been defragmented (the image changes as the defragmentation process runs, until it's finished)

  In this example, the process was not completely finished (because there are still some red files).

After this computer is restarted, it will run **SO** much better! The files have been relocated into a logical sequence, and so your PC will be able to find files *MUCH* faster.

Note: Before starting to defrag your computer, make sure that you have **closed down** any programs that you are currently using.

You can work whilst the process is carried out, but it is recommended you leave it to do its job!

As always, just email me at mail@spywareremoversolution.com if you have any problems with these processes.

It's much better to ask than risk making a mistake!

If you have never done this process before, it can take a while (1-2 hours), but if you do this frequently (monthly) then it will only take about 20-30 mins. Evidently every computer is different.

After you have defragged your computer, give it a restart to refresh the system and its RAM…and you're done!

The **combination** of these 2 solutions will enable your computer to run **quicker,** more **efficiently** and with 99.9% fewer errors.

That's it for today, until tomorrow!

Alex

Day 7: Total eCourse Recap

Hey,

Well, here we are!

Total Course Recap:

I've covered all of the **major** aspects of the course so today I'm going to recap what I have covered so as to show you a clear structure of what needs to be done.

I hope that you have benefited greatly from the advice that I have given.

If you implement the strategies and tips, as well as using the products I have recommended, your computer will be **fully guarded** from **spyware** and **viruses**, and it will run close to its full potential with minimal wasted space.

Pretty cool huh?

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Day 1: The Critical Difference Between Spyware & Viruses

- **A virus:** spreads malicious software from computer to computer which can cause disastrous effects to your system.

- **Spyware** (sometimes called 'Adware'): Unwanted software which collects information about you without you knowing.

Day 2: How To Avoid Spyware

1. **Personally, I Don't Recommend Internet Explorer**

   – use an alternative browser, such as [Mozilla Firefox](#) or [Opera](#). They are both more secure.

2. **Keep Microsoft Windows Updated**

   – Microsoft are constantly updating their windows products in order to fix bugs, tighten security and increase efficiency.

3. **Be Wary of Dubious Software**

   - Only install software downloaded from the maker's site, or from official "mirrors", and not from other places (especially peer-to-peer networks).

4. **Use an anti-spyware software product**

   – See Day 3 (next) for details on this software product.

Day 3: How To Exterminate Any Spyware/Adware From Your Computer

Use my highly recommended anti-spyware product which will eliminate your spyware infections:

XoftSpySE Anti-Spyware

If XoftSpySe does not remove a particular infection, then you can inform the company of the infection you have, and they **will tell you** how to remove it! Awesome eh?

Day 4: How To Avoid Computer Viruses

1. **NEVER** open any files with a double file extension, (e.g. iamavirus.txt.vbs).

2. **Avoid** downloading executables or documents from the Internet as these are often used to spread computer viruses.

    Anything that runs on your PC should be checked and approved first by a virus scanner.

3. Any email you weren't expecting should be treated with suspicion, especially those with attachments.

4. **Bank Scams:** Ignore emails from banks, unless you have *explicitly* asked the bank to communicate with you via e-mail.

Day 5: How To Kill off Any Computer Viruses on Your Computer

The most effective way to kill of viruses is through the use of AVG-AntiVirus.

I have compared several of the leading brand products, and personally this is the best one for me.

AVG caught 6 more viruses than Norton Anti-Virus did which I why I am highly recommending it to you.

Grab a copy of the product here: **AVG Anti-Virus**

Day 6: The Importance of Your Windows Registry

Problem 1: When you choose to uninstall or remove a program/file, it almost never is completely removed from your computer.

Solution: Registry cleaner software eliminates the clutter and junk that builds up in your computer's registry from installing and removing programs, deleting and creating files and

surfing online.

This is the best registry cleaner product out there right now: **RegCure PC Optimizer**

Problem 2: Deleting files or removing programs overtime results in programs and files being broken up, or fragmented, into little pieces and stored in many different areas of the hard disk.

Essentially, this means it takes your computer so much longer to retrieve the information and load programs.

Solution:

Defrag your computer. This process reunites all the data into large blocks and gathers all the free space on the hard disk into one block making data retrieval faster and easier for the computer.

You can find the disk defrag program by:

1. Clicking on the Start button
2. Then choose (All) Programs, Accessories, System Tools
3. Finally click on the Disk Defragmenter.

Well, that is a brief overlook of the course so far.

Tomorrow I shall go through some frequently asked questions and give you some more great tips on looking after your computer.

For example, did you know that you must, at all times, keep at least 15%-20% of your hard drive free?

Find out tomorrow why…☺

Thanks for reading!

Alex

Day 8: Final Day: Extra Tips & FAQ's Answered…

Hey,

Today is the last day of the official course….(stop sobbing!), and so I'm going to go through a few more highly useful tips and answer some FAQ's previously sent to me.

But before I do, I just want to talk to you about something.

You might be thinking to yourself:

"Well Alex, it seems excessive and unnecessary that I need a registry cleaner, an anti-spyware and anti-virus product in order to have a fully clean, fast computer"

The thing is, at first glance it **might** seem excessive but a computer is just like anything really (a car, your house etc) – it needs **maintenance.**

Even if it's the most expensive computer out there, it needs looking after.

If you keep surfing the internet, installing & uninstalling programs, running lots of applications, moving files around, whilst not looking after it (registry, viruses, spyware) then it **will** slowly build up viruses, spyware, infections and run slower and slower everyday. It's inevitable, and it happens all the time.

This is why I created this course. All the products I recommend have no recurring fees and with that you know that your computer will run effectively and efficiently.

Anyways, I just wanted to explain why I think it's crucial to make a small investment like this to maintain a 'healthy' computer now and in the future. ☺

**

Right, back to my top tips. Check them out!

Tip #1: **Ensure At All Times That Your Hard Drive Has At Least 15%-20% Free Disk Space.**

- Why?

Firstly, you can only defragment your computer if you have 15%+ disk space, and we all know how important that process is to maintain a healthy computer!

Secondly, by having more disk space, your computer will run a lot quicker thus preventing long loading times.

This reminds me, when you delete an item, the memory that program/file takes up is not freed up until your recycle bin is emptied.

Therefore, remember to frequently empty your recycle bin in order to maximise free hard disk space.

Tip #2: **Run An Error-Check on Your Computer Monthly**

As it sounds, running a standard error-check on your computer will fix any problems that it finds. Again, this is just another method of keeping your computer squeaky clean.

Run it once a month, more regularly than that is not necessary.

Tip #3: **It Might Sound Trivial, But Restart Your Computer Regularly!**

Why?

If you keep your computer on for a long period of time (over a day), you might start to notice that it runs a lot slower than normal.

This is all to do with the computers RAM (random access memory), which can be defined as:

"Memory available for storing data and programs currently being processed. It is automatically erased when the power is turned off."

In other words, the more programs and files you load, the more your RAM fills up which leads to your computer slowing down.

If you restart your computer regularly, you will free up your RAM, resulting in a consistently faster computer. Simple, yet effective!

FAQ's:

Q: *Hi Alex. There are so many products out there available for removing viruses, spyware, adware; cleaning your registry etc. I'm just nervous the products you have recommended are no different. Sorry if I sound pessimistic! Mark*

A: Hi Mark, don't apologise! It is **perfectly** understandable to be nervous about recommendations that people make. I still think 95%+ of the Internet is a scam, only because I've had one too many bad experiences.

I have purchased the wrong product many times and luckily, most of the time I got a refund so really all I wasted was time. I'm sure you've experienced similar situations.

All I can say is, I have tested each of the products that I have recommended to you on the simple basis that they do the job…and very well!

The products that I recommend all come with a guarantee of at least 6 weeks, so if on the off chance you dislike the product, you will get your money back.

Here they are again…saves you going back:

Anti-Spyware Product: [XoftSpySE Anti-Spyware](#)

Anti-Virus Product: [AVG Anti-Virus](#)

Registry Cleaner: [RegCure PC Optimizer](#)

Many Thanks,

Alex

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Q: *Alex, thanks for the course. Can I email it to my friends etc? Sarah.*

A: Yes you can give this course to your friends, subscribers etc – that's not a problem.

**

Q: *Hi, I've experienced problems when paying for products online – what are the payment systems for the products that you recommend? Cheers, Tony.*

A: Hi Tony,

For all of the products that I recommend, they go through a highly secure payment system called Clickbank. This company processes thousands of payments per day, and are professionals in their field. On the unbelievably *rare* occasion that payment goes wrong, their customer service will help you every step of the way.

**

Q: *Quite often when I am using antispyware products, they get rid of loads of stuff but sometimes they can't fix everything – ie, there are still some bits of spyware on my computer! What if this happens with the products you have recommended? Anonymous*

A: Hi there, if XoftspySE does not resolve all of your spyware problems then you can email their support telling them that this has happened. They will then investigate your case and help you to remove that irritable infection for you. Hope this answers your question!

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For more information, or help with questions and queries – please email me at
mail@spywareremoversolution.com