Windows 7: The Personal Trainer (The Personal Trainer for Technology)

William Stanek

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Learning Windows 7 doesn't have to be a frustrating experience, you can learn everything you need to use Windows 7 effectively by reading this book. To learn how to use Windows 7, you need practical hands-on advice from an expert who understands what it is like to just start out. By working step by step through essential tasks, you can learn to:

Customize the User Interface and settings
Search and index your documents and data
Install, configure, run and repair software
Fine-tune startup and recovery settings
Detect and troubleshoot hidden problems
Optimize your computer's power management settings
Balance the tradeoffs in appearance and performance
Extend your desktop with multiple monitors
Apply expert tips for maintaining your computer

This book is designed for anyone who wants to learn Windows 7, including those who manage or support computers running this operating system. Inside, you'll find comprehensive overviews, step-by-step procedures, frequently used tasks, documented examples, and much more. One of the goals is to keep the content so concise that the book remains compact and easy to navigate while at the same time ensuring that the book is packed with as much information as possible--making it a valuable resource.

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