

## 11/06/09 - Are you backing up your files?

Hard drives crash. Sometimes your files can't be recovered. But backing up your files doesn't have to be hard- there are many programs that simplify and automate.

One of my favorites, FBackup, is free for both personal and corporate use.

To setup a backup, manually select the folders you want to backup, or choose one of the plug-ins to backup an application, such as Windows Mail. The plug-ins simply tell FBackup what files and folders need to be backed up for a particular application so that it's easy to backup and restore its data, user preferences, and settings. If you're wanting to backup a specific program that's not showing up as an option, there are more plug-ins you can download and install. (Tools-> Plug-ins... -> Get Plugins)

Once you've selected what you're going to backup, chose the backup destination. Flash drives are great for this, but you'll have to remember to leave it plugged in if you want the backup to run automatically. Finally, set your backup schedule, and let it run!

