

10 cover disc

As well as a plethora of recommended utilities, we have three great full packages on our CD. Readers with the DVD edition can have twice the fun with six full programs and a host of games demos.

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- 11 DVD highlights
- 168 In-depth CD tutorial
- 176 In-depth DVD information



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WIN!

12 competition

NTL Home, one of the UK's leading broadband service providers, is offering one lucky reader the chance to win a day at the racetrack. Test your skills behind the wheels of either a Porsche 911, Ferrari or MG ZR, be assessed by a professional driver and get a keepsake photo of the exciting event.



18 news

We bring you up to date with what's happening in the world of IT.

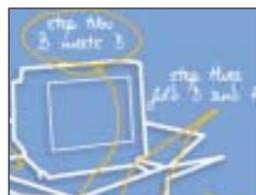
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Looking for a portable device? We look at how the latest smartphones measure up



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We investigate some pitfalls of PC buying and give sound advice on dealing with a variety of consumer issues.

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86 features

86 Designer PCs

Looking to buy a new PC? Why not consider something different for your next system? Gone are the days of the bog-standard beige box. We look at the latest designs that don't compromise on power. It's time to get stylish.



COVER STORY

94 Computing for all

Working nine 'til five constantly slaving over a glaring monitor can cause havoc with our health resulting in eye strain, headaches and bad posture as well as putting stress on our limbs and digits. Ensure the relationship with your PC is a healthy one by reading our safety guide.



100 workshops

100 Windows workout

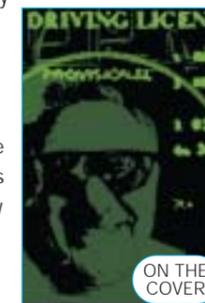
Even if you are a Windows wizard we bet you could be making more of your operating system. We take you through an array of performance-enhancing tweaks that will get the most from your OS - whatever version you are running.



ON THE COVER

108 Better CD burning

Don't put up with Windows XP's limited built-in burning wizard - there are many third-party applications that do the job so much better.



ON THE COVER

112 Guard your privacy

Nowadays it seems our every keystroke is recorded and, as a result, our details can be sold and exploited by unsavoury firms in return for unlimited amounts of spam. Regain your privacy with little sacrifice or effort.

117 xp advisor

118 Digital Media Edition

We look at Microsoft's latest digital media add-on - part of the Plus range designed to add yet more functionality and streamline all your multimedia activities.



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122 Windows XP Q&As

Our experts answer more of your XP niggles.

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127 Broadband news

Always-on connections: brilliant in terms of speed, not so good when it comes to security. The broadband era has made us more aware of viruses but what about the dangers posed by spyware? We look at the extent to which third-parties monitor our online activities.



134 helpline

Our experts tackle your PC problems and offer solutions.

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152 lifestyle

Enjoy an exhilarating dirt-track experience with excellent challenges from Colin McRae Rally 3. We also take a sneak preview of the superb upcoming title, Breed - ideal for fans of Halo.

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ON THE COVER

