



Studio Visual Steps

# Internet and E-mail for SENIORS with Windows 7

*Internet and E-mail for SENIORS with Windows 7* is the ultimate starting point for senior citizens who want to start using the Internet. The book's easy to understand instructions will guide you step-by-step in learning to use the Internet and e-mail. Work through the book at your own pace and you'll gain all the skills you need to take optimal advantage of everything the Internet and e-mail have to offer.

Use this learn-as-you-go book right alongside your computer as you perform the tasks laid out in each chapter.

### The *Internet and E-mail for SENIORS* book:

- encourages learning with an easy step-by-step approach
- has been tested by seniors
- is based on practical experience
- focuses on acquiring new skills
- gives detailed background information
- has a convenient reference section
- contains an extensive index
- offers special help topics for do-it-yourself error correcting
- offers Bonus Online Chapters at the website accompanied with the book

### Learn how to:

- surf the World Wide Web
- search the Internet effectively to find information
- send and receive e-mails
- contact other Internet-users
- download free software from the Internet
- protect your computer from intruders such as spyware and viruses

### Suitable for:

Windows 7  
Internet Explorer 8

### Accompanying support website:

[www.visualsteps.com/internet7](http://www.visualsteps.com/internet7)

### The Studio Visual Steps Authors

The Studio Visual Steps team of authors consists of different professionals, all thoroughly experienced in their subject field. The proven Visual Steps methodology features:

- Easy, step-by-step instructions
- Screen illustrations for each step
- Explanations and additional background information in plain English

### Visual Steps™

Internet and E-mail for SENIORS makes use of the Visual Steps method developed for adult learners by **Addo Stuur**. Key features in the series... for SENIORS:

- **Content** - the special needs and requirements of the beginning user with little or no technical background have been taken into account.
- **Structure** - self-paced, learn as you go. Proceed step-by-step with easy to follow instructions. What's more, the chapters are organized in such a way that you can skip a chapter or repeat another as desired.
- **Illustrations** - plentiful use of screen illustrations to show you if you are on the right track.
- **Layout** - large print makes it easy to read.

### Also available

Windows 7 for SENIORS  
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 **Visual Steps™**  
[www.visualsteps.com](http://www.visualsteps.com)

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