



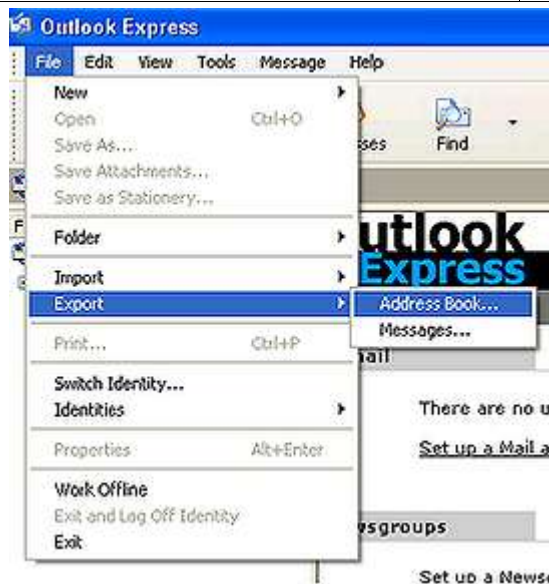
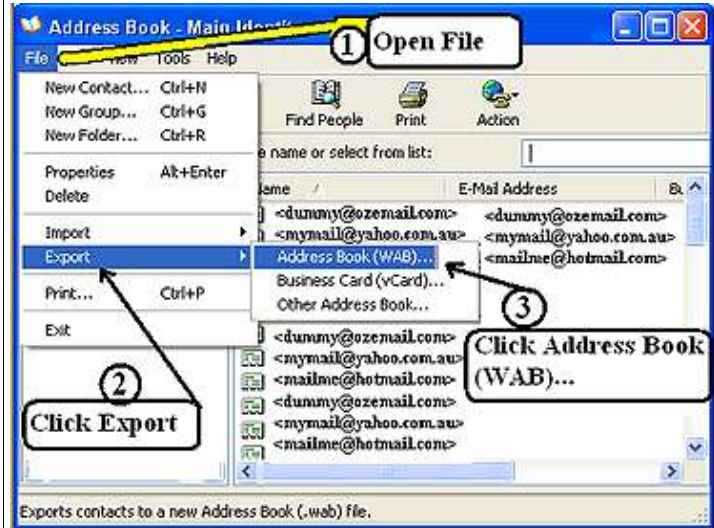
To backup your email address book, open Outlook Express and left click **Addresses** icon.



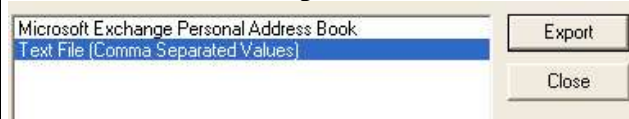
From the address dialog box click on

1. File
 2. Export
 3. Address Book (WAB)
- A Save dialog box appears.

Choose the Folder to save the Address Book in.



To save your Address Book in a CSV File, Click on **<File> <Export> <Address Book>**



This dialog box appears.

Click on **Text File [Comma Separated Values]**
Click on **Export** to start the files save.



A field option box appears choose the export comma separated field names.

This CSV format is designed to be loaded in to a Spreadsheet like Excel. All the ticked boxes will be listed as field names in Excel with all the email address in their own column.