

Fix Your Slow PC **FAST**

The Grumpy Sysadmin – Windows Survival Kit

Fix Your PC FAST & Stop Windows From Breaking It Again

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SAMPLE
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SECTION 1: The 15-minute Speed Fix

Fix Your Slow Windows PC... Without Breaking Anything

If your PC feels slow, there's a very good chance nothing is actually wrong with it.

You don't need a new computer.

You don't need to reinstall Windows.

What you need to do is stop Windows from dragging your system down, especially if you've been running it for years!

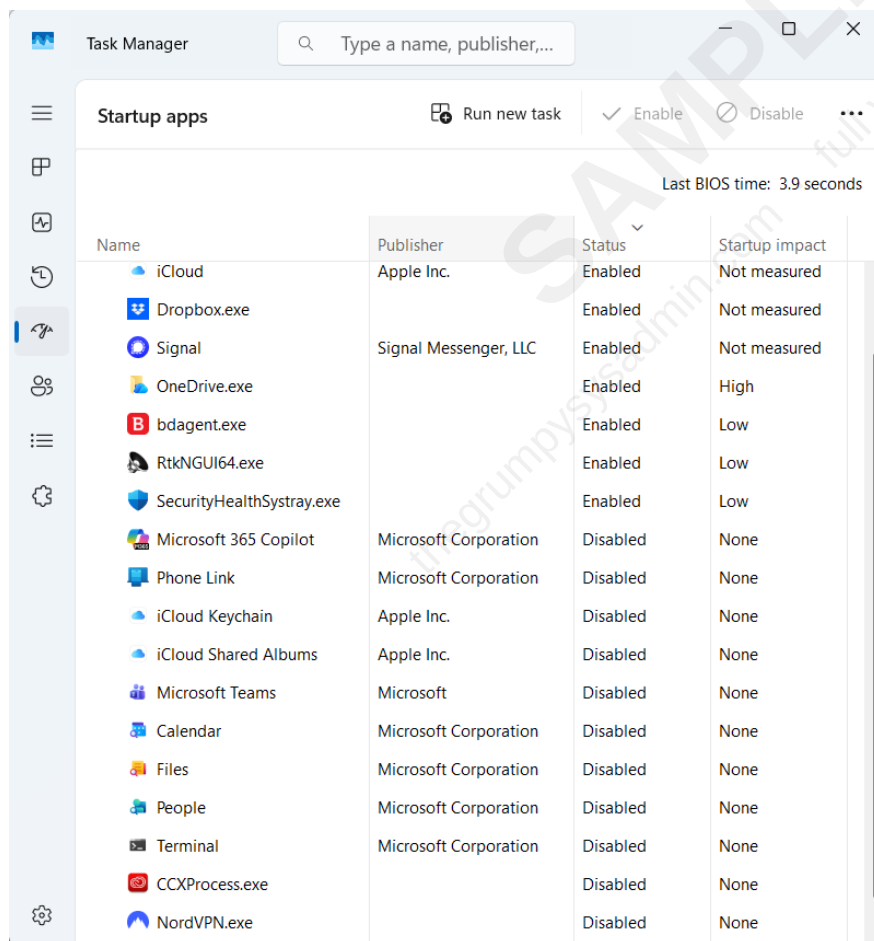
Before You Start:

You're not going to be deleting system files or breaking anything. Everything recommended here is safe and reversible.

STEP 1: Stop Startup Junk

Open Task Manager:

Right-click Start → Task Manager → More Details → Startup tab



👉 Disable anything you don't need at startup

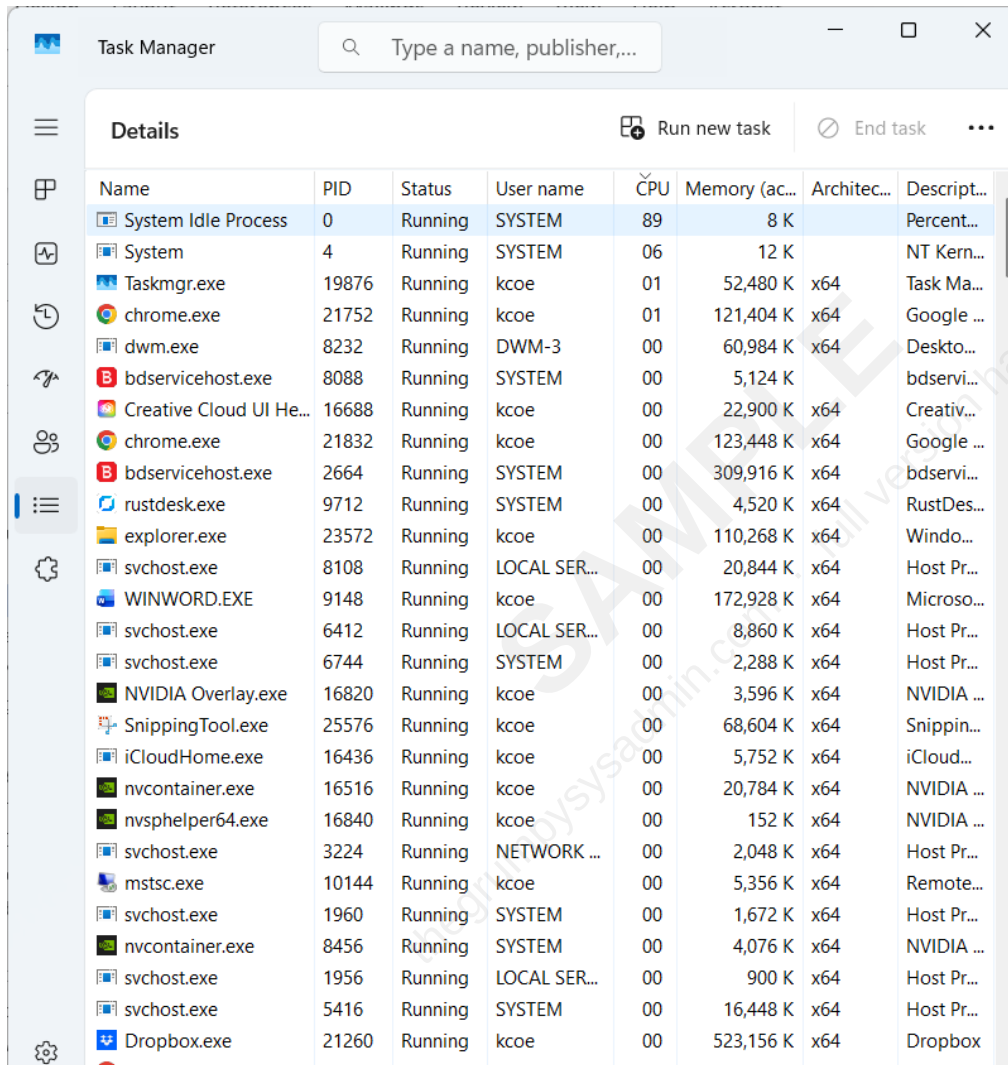
Disable apps you don't need:

Teams, Spotify, Discord, Zoom, Steam, Adobe, printer helpers.

Do NOT disable antivirus or drivers.

STEP 2: Stop What's Already Running

Press Ctrl + Shift + Esc → Processes tab



The screenshot shows the Windows Task Manager window with the 'Details' tab selected. The window title is 'Task Manager' and it has a search bar at the top. The left sidebar shows various icons for Task Manager, Performance, History, Startup, Services, and Settings. The main area displays a table of running processes. The table has columns for Name, PID, Status, User name, CPU, Memory (ac...), Architec..., and Descript... (truncated). The processes listed include System Idle Process, System, Taskmgr.exe, chrome.exe, dwm.exe, bdservicehost.exe, Creative Cloud UI He..., chrome.exe, bdservicehost.exe, rustdesk.exe, explorer.exe, svchost.exe, WINWORD.EXE, svchost.exe, svchost.exe, NVIDIA Overlay.exe, SnippingTool.exe, iCloudHome.exe, nvcontainer.exe, nvspHelper64.exe, svchost.exe, mstsc.exe, svchost.exe, nvcontainer.exe, svchost.exe, svchost.exe, and Dropbox.exe. The CPU and Memory columns are highlighted in blue, indicating they are the primary metrics for identifying processes to end.

Name	PID	Status	User name	CPU	Memory (ac...	Architec...	Descript...
System Idle Process	0	Running	SYSTEM	89	8 K		Percent...
System	4	Running	SYSTEM	06	12 K		NT Kern...
Taskmgr.exe	19876	Running	kcoe	01	52,480 K	x64	Task Ma...
chrome.exe	21752	Running	kcoe	01	121,404 K	x64	Google ...
dwm.exe	8232	Running	DWM-3	00	60,984 K	x64	Desкто...
bdservicehost.exe	8088	Running	SYSTEM	00	5,124 K		bdservi...
Creative Cloud UI He...	16688	Running	kcoe	00	22,900 K	x64	Creativ...
chrome.exe	21832	Running	kcoe	00	123,448 K	x64	Google ...
bdservicehost.exe	2664	Running	SYSTEM	00	309,916 K	x64	bdservi...
rustdesk.exe	9712	Running	SYSTEM	00	4,520 K	x64	RustDes...
explorer.exe	23572	Running	kcoe	00	110,268 K	x64	Windo...
svchost.exe	8108	Running	LOCAL SER...	00	20,844 K	x64	Host Pr...
WINWORD.EXE	9148	Running	kcoe	00	172,928 K	x64	Microso...
svchost.exe	6412	Running	LOCAL SER...	00	8,860 K	x64	Host Pr...
svchost.exe	6744	Running	SYSTEM	00	2,288 K	x64	Host Pr...
NVIDIA Overlay.exe	16820	Running	kcoe	00	3,596 K	x64	NVIDIA ...
SnippingTool.exe	25576	Running	kcoe	00	68,604 K	x64	Snippin...
iCloudHome.exe	16436	Running	kcoe	00	5,752 K	x64	iCloud...
nvcontainer.exe	16516	Running	kcoe	00	20,784 K	x64	NVIDIA ...
nvspHelper64.exe	16840	Running	kcoe	00	152 K	x64	NVIDIA ...
svchost.exe	3224	Running	NETWORK ...	00	2,048 K	x64	Host Pr...
mstsc.exe	10144	Running	kcoe	00	5,356 K	x64	Remote...
svchost.exe	1960	Running	SYSTEM	00	1,672 K	x64	Host Pr...
nvcontainer.exe	8456	Running	SYSTEM	00	4,076 K	x64	NVIDIA ...
svchost.exe	1956	Running	LOCAL SER...	00	900 K	x64	Host Pr...
svchost.exe	5416	Running	SYSTEM	00	16,448 K	x64	Host Pr...
Dropbox.exe	21260	Running	kcoe	00	523,156 K	x64	Dropbox

👉 Look for apps using high CPU or memory

End tasks you don't need.

Do NOT end system processes.