

Getting More From Your Mac

Security

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Last updated 2022-03-07

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“Consider this: The Mac is the most homogeneous computing platform in the world. That should make it the most vulnerable. Instead, it has the strongest real-world record when it comes to exploits.” —David Morgenstern, *eWeek*, June 1, 2007



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zupo Pareto Security app now has a proper website

Latest commit 80229d9 on Sep 10, 2021 [History](#)

72 contributors +48

Executable File | 2401 lines (1649 sloc) | 151 KB

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This guide is a collection of techniques for improving the security and privacy of a modern Apple Macintosh computer ("MacBook") running a recent version of macOS (formerly known as "OS X").

This guide is targeted to power users who wish to adopt enterprise-standard security, but is also suitable for novice users with an interest in improving their privacy and security on a Mac.

Topics covered include:

Preparing & Installing OS X • First boot • Full disk encryption • Firmware • Firewall • Services • Spotlight • Homebrew • DNS • Hosts • DNSSEC • Certificate authorities • OpenSSL • Curl • Web browsing • Tor • VPN • PGP/GPG • OTR • Viruses & malware • System Integrity Protection • Gatekeeper & XProtect • Passwords • Backup • Wi-Fi • SSH • Physical access • System monitoring

Built-In

Apple knows that trojans are a bigger threat to Mac users than worms or drive-by installs

File Quarantine requires explicit user confirmation before running a file downloaded from the Internet

Gatekeeper prevents unsigned software from running in the first place

Mandatory App Notarization requires that apps are scanned for malware before they can be installed

Xprotect detects malware

MRT removes malware if any is found



File Quarantine (aka XProtect)

Introduced in Snow Leopard

Anti-malware system that checks downloaded files to make sure they don't contain known malware & also blocks any versions of Web plugins (e.g., Java & Flash) that have known vulnerabilities

Periodically updated by Apple in the background

This panel displays the list of malware recognized by XProtect, the OS X protection system. You can also show and delete the list of all downloaded items tested by XProtect.

Malware Definitions: Version 2076 - Saturday, March 5, 2016 at 11:27:50 - 58 recognized malware

Check for updates: ● Turned on

Malware
OSX.KeRanger.A
OSX.CrossRider.A
OSX.GenieoDropper.A
OSX.InstallImitator.D
OSX.XcodeGhost.A
OSX.Genieo.D
OSX.Genieo.C
OSX.Genieo.B
OSX.Vindinstaller.A
OSX.OpinionSpy.B
OSX.Genieo.A
OSX.InstallImitator.C
OSX.InstallImitator.B
OSX.InstallImitator.A

Downloaded items List
https://www.panic.com/updates/update.php?osVersion=10.11.3&lang=en&appName=Transmit&...
https://www.panic.com/updates/update.php?osVersion=10.11.3&lang=en&appName=Transmit&...
http://ftp.granneman.com/csoats/Contractions.textexpander
http://downloads.omnigroup.com/software/MacOSX/10.10/OmniPresence-1.4.1.dmg
http://files.stairways.com/status-menu-icons/RadarStatusMenuIcon.zip
http://files.stairways.com/status-menu-icons/IconaholicLoudStatusMenuIcon.zip
http://www.cockos.com/licecap/licecap125.dmg
https://s3.amazonaws.com/f.cl.ly/items/103V213K0A3V012v1728/OS%20X%20Retrofuture.alfre...
https://www.panic.com/updates/update.php?osVersion=10.11.3&lang=en&appName=Transmit&...
https://www.keepassx.org/releases/2.0.2/KeePassX-2.0.2.dmg



"Example" is an application downloaded from the Internet. Are you sure you want to open it?

Safari downloaded this file today at 2:47 PM from
www.example.com.



Show Web Page

Cancel

Open

macOS warns you where an app came from



“HellRaiser Server 4.2” will damage your computer. You should move it to the Trash.

It contains the “OSX.HellRTS” malware.

Report malware to Apple to protect other users

Safari downloaded this file today at 2:51 PM from
www.example.com.



Cancel

Move to Trash

macOS warns you if a file has known malware



“HellRaiser Server 4.2” will damage your computer. You should eject the disk image.

It contains the “OSX.HellRTS” malware.

Report malware to Apple to protect other users

“HellRaiser Server 4.2” is on the disk image
“HellRaiser4.2.dmg”. Safari downloaded this disk image
today at 4:11 PM from [REDACTED].

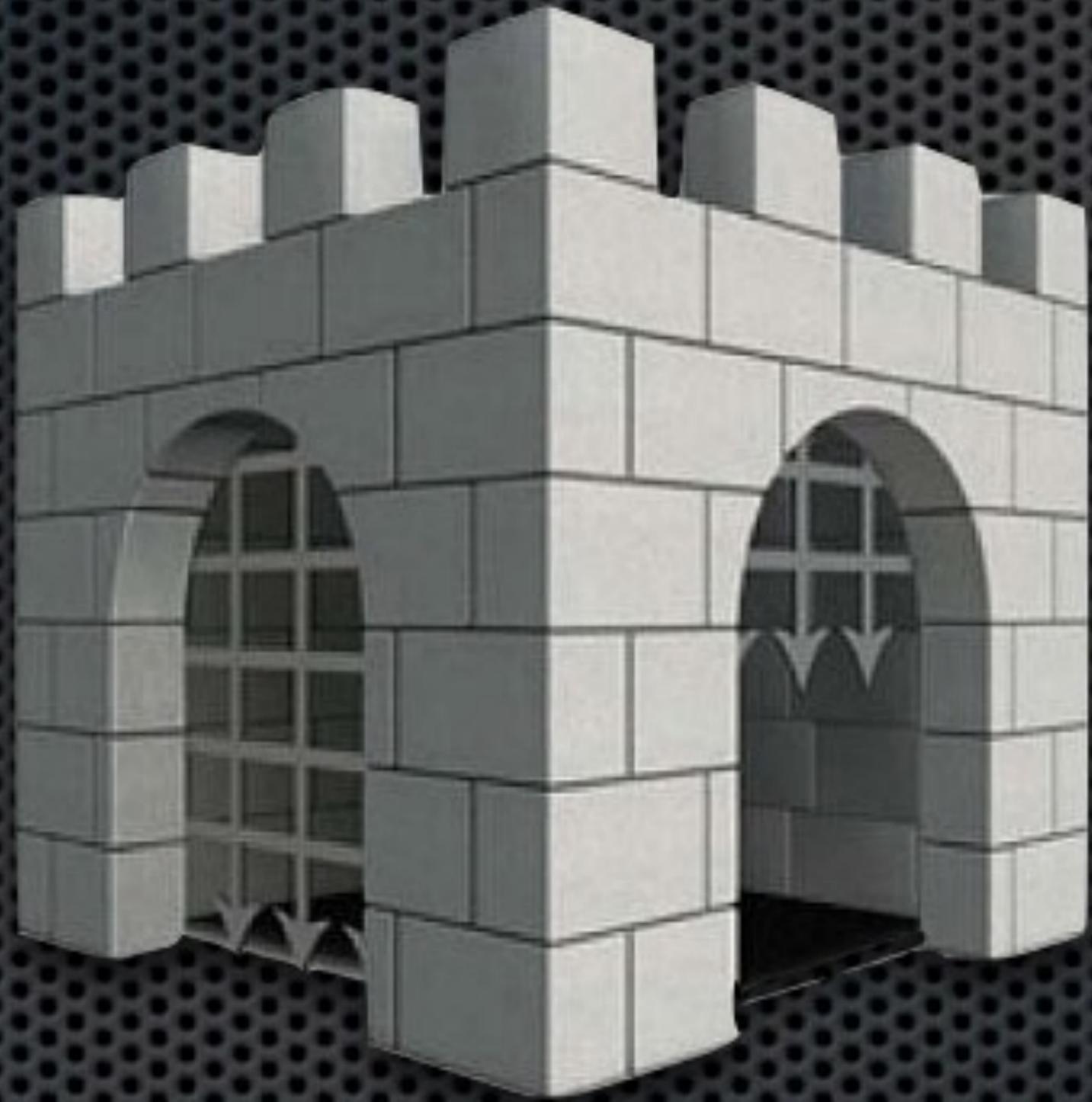


Cancel

Eject Disk Image

macOS warns you if a disk image has known malware

If malware is found, MRT — the *malware removal tool*
— gets rid of it



Gatekeeper

Introduced in Lion 10.7.5

Allows users to restrict sources from which they can install apps, to reduce the likelihood of installing or running malware

Apps from the App Store are *very* safe

🍏 > System Preferences > Security & privacy > General



General FileVault Firewall Privacy

A login password has been set for this user

Change Password...

- Require password 5 minutes after sleep or screen saver begins
- Show a message when the screen is locked Set Lock Message...
- Disable automatic login

Allow apps downloaded from:

- Mac App Store
- Mac App Store and identified developers
- Anywhere



Click the lock to prevent further changes.

Advanced...



Mac App Store

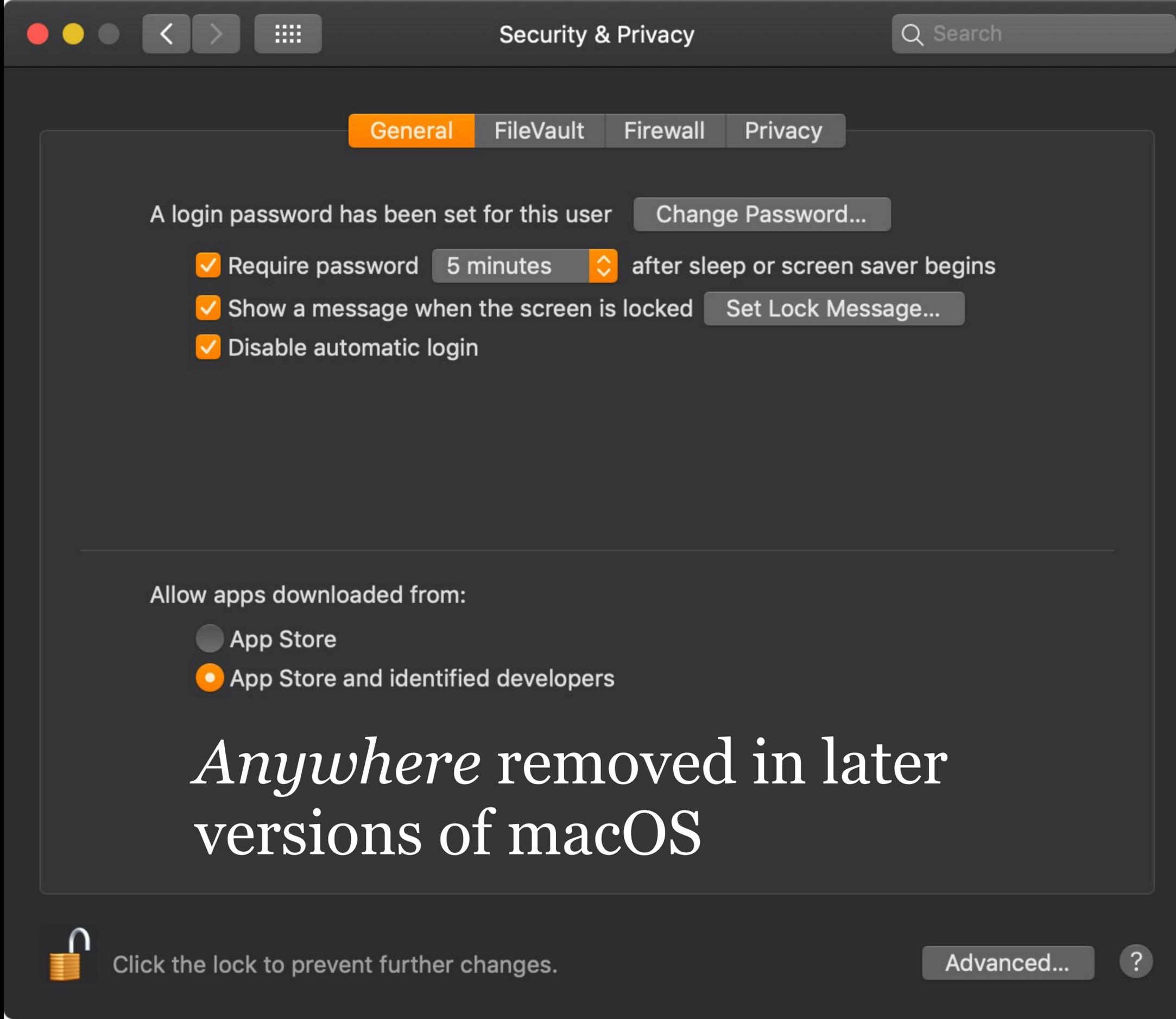
Only apps from the Mac App Store can be launched

Mac App Store and identified developers

Only apps from the Mac App Store & apps signed by certified Apple developers can be launched (default in Mountain Lion & later)

Anywhere

All apps can be launched (default in Lion)



- General
- FileVault
- Firewall
- Privacy

A login password has been set for this user [Change Password...](#)

- Require password [5 minutes](#) after sleep or screen saver begins
- Show a message when the screen is locked [Set Lock Message...](#)
- Disable automatic login

Allow apps downloaded from:

- App Store
- App Store and identified developers

Anywhere removed in later versions of macOS



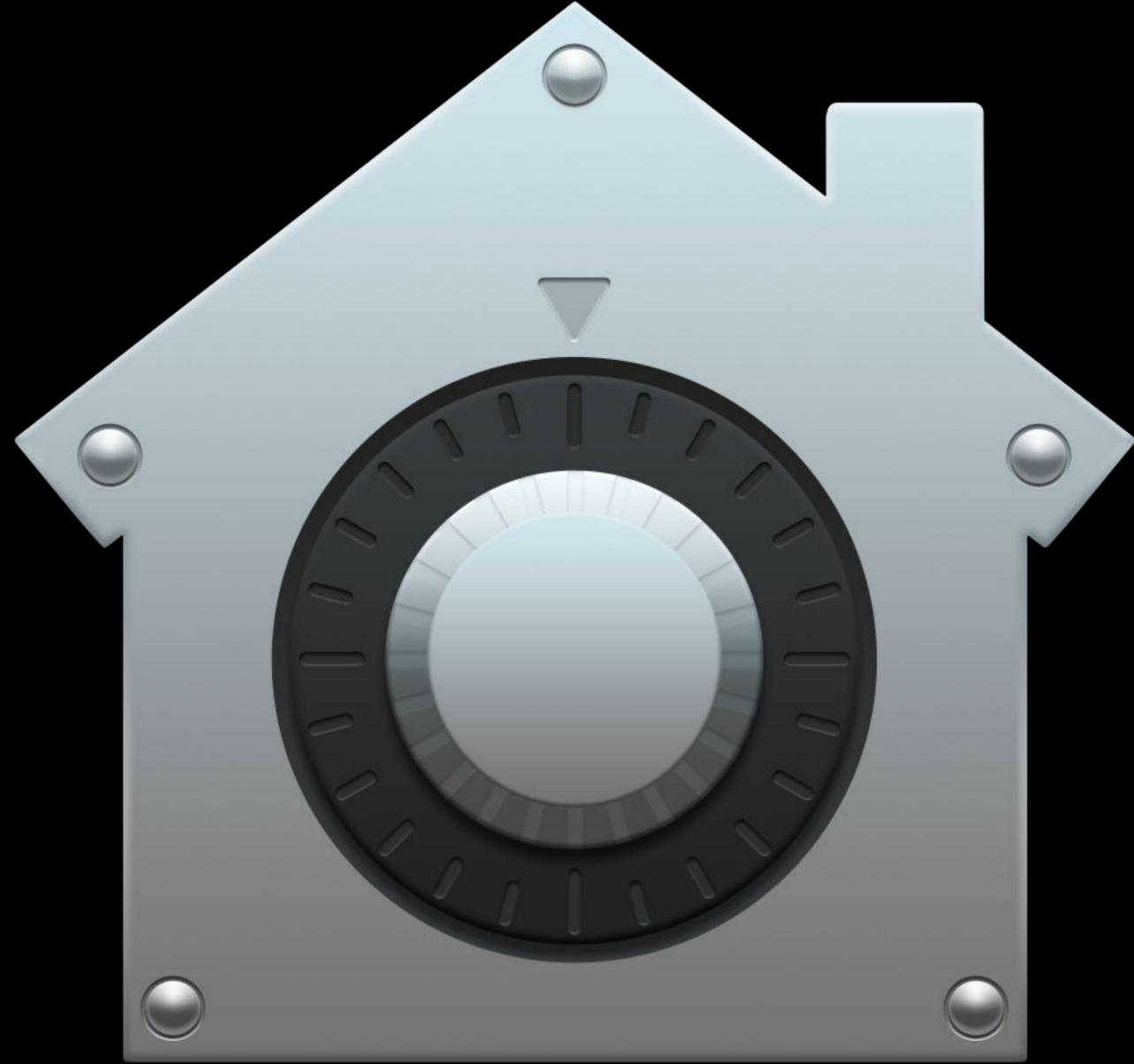
Click the lock to prevent further changes.

[Advanced...](#)



What if you have checked *Mac App Store and identified developers*, but you want to install software from an unidentified developer?

Right-click on the app & select Open



FileVault

FileVault encrypts your entire drive with XTS-AES 128 encryption

Instant wipe deletes the encryption keys from your Mac so that the data is completely inaccessible



General FileVault Firewall Privacy



FileVault secures the data on your disk by encrypting its contents automatically.

Turn Off FileVault...

WARNING: You will need your login password or a recovery key to access your data. A recovery key is automatically generated as part of this setup. If you forget both your password and recovery key, the data will be lost.

FileVault is turned on for the disk "Macintosh HD".

A recovery key has been set.

Encryption finished.



Click the lock to make changes.

Advanced...





iCloud Keychain

Generates & stores passwords for...

- » website logins
- » credit card numbers
- » Wi-Fi networks
- » account information

iCloud Keychain will fill in your information for you when you ask it too

Everything encrypted with 256-bit AES

Keychain Access

Click to lock the login keychain.

Keychains

-  login
-  iCloud
-  System
-  System Roots



192.168.1.101

Kind Internet password
Account documents
Where: http://192.168.1.101
Modified Jan 28, 2016, 7:04:07 PM

Name	Kind	Date Modified	Keychain
@ 192.168.1.1 (admin)	Internet password	Mar 5, 2016, 1:02:43 AM	login
@ 192.168.1.101	Internet password	Jan 28, 2016, 7:04:07 PM	login
@ 192.168.1.112	network password	Nov 30, 2015, 1:20:23 PM	login
@ 192.168.1.112	Internet password	Today, 12:32 PM	login
@ 192.168.1.118	Internet password	Nov 5, 2015, 5:44:08 PM	login
@ 192.168.1.118	Internet password	Mar 9, 2016, 12:30:26 AM	login
@ 7E3C2FF7-278A-4BB1-8A79-E7D4388CAE58	MicrosoftOffice15_2...	Mar 15, 2016, 9:01:10 PM	login
 <unknown>	application password	Nov 6, 2015, 12:18:34 AM	login
 AirPlay Client Identity: 626c4772	AirPlay Client Identity	Dec 10, 2015, 3:48:36 PM	login
 AirPlay Client Peer: 05e5d4f3	AirPlay Client Peer	Mar 9, 2016, 10:08:36 AM	login
 AirPlay Client Peer: 584978f6	AirPlay Client Peer	Dec 10, 2015, 3:48:36 PM	login
 Apple ID Authentication	application password	Nov 5, 2015, 5:32:25 PM	login
 Apple Persistent State Encryption	application password	Nov 5, 2015, 5:32:24 PM	login
 BackupIDSAccountTok...ranneman.com-AuthToken	application password	Nov 5, 2015, 6:54:25 PM	login
 BusyContacts - conta...om (admin@websanity.com)	application password	Nov 7, 2015, 12:44:42 AM	login
 BusyContacts - p29-c...m (scott@granneman.com)	application password	Nov 7, 2015, 12:40:31 AM	login
 Call History User Data Key	application password	Nov 5, 2015, 5:33:50 PM	login
 Chrome Safe Storage	application password	Nov 6, 2015, 1:33:55 PM	login
 com.agilebits.onepassword-osx.HockeySDK	application password	Jan 8, 2016, 1:44:26 PM	login
 com.agilebits.onepassword-osx.HockeySDK	application password	Jan 8, 2016, 1:44:26 PM	login
 com.apple.account.GameCenter.token	application password	Nov 5, 2015, 6:54:25 PM	login
 com.apple.account.IdentityServices.token	application password	Nov 5, 2015, 6:54:25 PM	login
 com.apple.account.idms.heartbeat-token	application password	Mar 6, 2016, 1:58:43 AM	login
 com.apple.account.idms.token	application password	Mar 6, 2016, 1:58:43 AM	login
 com.apple.clouddevicelidentifier.Production	application password	Nov 5, 2015, 5:32:21 PM	login
 com.apple.clouddevicelidentifier.Production	application password	Nov 5, 2015, 5:33:44 PM	login

Category

-  All Items
-  Passwords
-  Secure Notes
-  My Certificates
-  Keys
-  Certificates



iCloud Keychain syncs stored, encrypted data between your devices: Mac, iPhone, iPad, & iPod touch

Passwords

Most people use the same password on multiple sites

If one site gets hacked, your password for multiple sites is in the hands of criminals

A lot of people put passwords on sticky notes or in text files

They're easy for others to see

A lot of people choose poor passwords

Those can be cracked in a ridiculously short time

Pick a good password

John the Ripper & Cain & Abel (& many other tools)
will make mincemeat of poor passwords

File Edit View Terminal Tabs Help

Sandbox ~ # john

John the Ripper password cracker, version 1.7.2
Copyright (c) 1996-2006 by Solar Designer and others
Homepage: <http://www.openwall.com/john/>

Usage: john [OPTIONS] [PASSWORD-FILES]

--single "single crack" mode
--wordlist=FILE --stdin wordlist mode, read words from FILE or stdin
--rules enable word mangling rules for wordlist mode
--incremental[=MODE] "incremental" mode [using section MODE]
--external=MODE external mode or word filter
--stdout[=LENGTH] just output candidate passwords [cut at LENGTH]
--restore[=NAME] restore an interrupted session [called NAME]
--session=NAME give a new session the NAME
--status[=NAME] print status of a session [called NAME]
--make-charset=FILE make a charset, FILE will be overwritten
--show show cracked passwords
--test perform a benchmark
--users=[-]LOGIN|UID[,..] [do not] load this (these) user(s) only
--groups=[-]GID[,..] load users [not] of this (these) group(s) only
--shells=[-]SHELL[,..] load users with[out] this (these) shell(s) only
--salts=[-]COUNT load salts with[out] at least COUNT passwords only
--format=NAME force ciphertext format NAME: DES/BSDI/MD5/BF/AFS/LM/NT/PO/raw-MD5/IPB2/raw-sha1/md5a/KRB5/bfegg/ns
cash/lotus5/DOMINOSEC/NETLM/NETNTLM
--save-memory=LEVEL enable memory saving, at LEVEL 1..3

Sandbox ~ # john --test

Benchmarking: Traditional DES [128/128 BS SSE2-16]... DONE

Many salts: 2231K c/s real, 2235K c/s virtual

Only one salt: 1956K c/s real, 1956K c/s virtual

Benchmarking: NT LM DES [128/128 BS SSE2-16]... DONE

Raw: 12498K c/s real, 12523K c/s virtual

Benchmarking: NT MD4 [X86-64 SSE2 8x]...

(Mostly bad) guidelines for a good password

1. Don't use easy passwords ← that one's good advice
2. Mix of 3 of these 4: **A a 1 #**
3. At least 8 characters
4. Easy to remember & hard to guess
5. Change it every 90 days

“Your password must contain at least 8 letters, a capital, a plot, a protagonist with good character development, a twist & a happy ending.”

“The time it takes to crack a password is the only real way to determine its strength and value.”—Cameron Morris

Welcome to OWASP

passfault

*Paving the road to
secure passwords*

Fork me on GitHub

Because passwords can be less annoying, and more intuitive.

What

Why

How

Policies

Try it

Beta

Open Source

Enter a Password, and click Analyze

Analyze

Show Examples

Show Options

Passwords will be searched for these patterns:

Dictionary
Wo&rd
Insertion

Dictionary
Word
Substitution

Dictionary
Werd
Misspelling

Dictionary
E3B7z
Substitution

Dictionary
WbqW
Backwards

Dictionaries
English
Spanish
Pet Names
US Names
India Names

Repeated

Random

Keyboards:
US English

Key Sequence

Key Sequence

Key Sequence

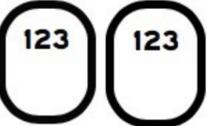
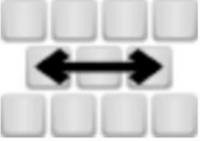
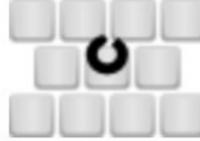
Enter a Password, and click Analyze

Analyze

Show Examples

Show Options

Passwords will be searched for these patterns:

<p>Dictionary</p> <p>Wo&rd</p> <p>Insertion</p>	<p>Dictionary</p> <p>Word</p> <p>Substitution</p>	<p>Dictionary</p> <p>Word</p> <p>Misspelling</p>	<p>Dictionary</p> <p>Elite</p> <p>Substitution</p>	<p>Dictionary</p> <p>Word</p> <p>Backwards</p>	<p>Dictionaries</p> <p>English</p> <p>Spanish</p> <p>Pet Names</p> <p>US Names</p> <p>India Names</p>
<p>Repeated</p>  <p>Pattern</p>	<p>Random</p>  <p>Latin & Cyrillic Characters</p>	<p>Keyboards:</p> <p>US English</p> <p>Russian</p> <p>European</p>	<p>Key Sequence</p>  <p>Horizontal</p>	<p>Key Sequence</p>  <p>Diagonal</p>	<p>Key Sequence</p>  <p>Repeated</p>

STLCardinals

Enter a Password, and click Analyze

..... Analyze

Show Examples Hide Options

Cracking Hardware

Government cracker (\$500,000 machine) ▾

Password Protection

Microsoft Windows NTLM 2 ▾

This password needs more strength

Time To Crack:

less than 1 day

Total Passwords in Pattern:

13 Billion

<p>RANDOM CHARACTERS [Latin]</p> <p>2% of total strength</p>	<p>MISSPELL uslast</p> <p>98% of total strength</p>
--	---

STLCardinals

Enter a Password, and click Analyze

.....

Analyze

Show Examples

Hide Options

Cracking Hardware

Organized Crime Cracker (\$50,000 machine) ▾

Password Protection

Microsoft Windows NTLM 2 ▾

This password needs more strength

Time To Crack:

less than 1 day

Total Passwords in Pattern:

13 Billion

RANDOM CHARACTERS
[Latin]

2%

of total strength

MISSPELL
uslast

98%

of total strength

STLCardinals

Enter a Password, and click Analyze

.....

Analyze

Show Examples

Hide Options

Cracking Hardware

Dedicated Cracker (\$5,000 machine)

Password Protection

Microsoft Windows NTLM 2

This password needs more strength

Time To Crack:

less than 1 day

Total Passwords in Pattern:

13 Billion

RANDOM CHARACTERS
[Latin]

2%

of total strength

MISSPELL
uslast

98%

of total strength

STLCardinals

Enter a Password, and click Analyze

..... Analyze

Show Examples Hide Options

Cracking Hardware

Everyday Computer

Password Protection

Microsoft Windows NTLM 2

This password needs more strength

Time To Crack:

less than 1 day

Total Passwords in Pattern:

13 Billion

RANDOM CHARACTERS [Latin] 2% of total strength	MISSPELL uslast 98% of total strength
---	--

STLCardinals

Enter a Password, and click Analyze

.....

Analyze

Show Examples

Hide Options

Cracking Hardware

Organized Crime Cracker (\$50,000 machine) ▾

Password Protection

Unix BCrypt Hash ▾

Time To Crack:

1 year, 1 month

Total Passwords in Pattern:

13 Billion

RANDOM CHARACTERS

[Latin]

2%

of total strength

MISSPELL

uslast

98%

of total strength

STLCardinals

Enter a Password, and click Analyze

..... Analyze

Show Examples Hide Options

Cracking Hardware

Government cracker (\$500,000 machine) ▾

Password Protection

Unix BCrypt Hash ▾

Time To Crack:
1 month, 8 days
Total Passwords in Pattern:
13 Billion

RANDOM CHARACTERS [Latin] 2% of total strength	MISSPELL uslast 98% of total strength
---	--

Enter a Password, and click Analyze

.....

Analyze

Show Examples

Hide Options

Cracking Hardware

Organized Crime Cracker (\$50,000 machine) ▾

Password Protection

Microsoft Windows NTLM 2 ▾

Time To Crack:

177 centuries

Total Passwords in Pattern:

31 Sextillion

MISSPELL

usfirst

0%

of total strength

RANDOM CHARACTERS

[Latin]

0%

of total strength

BACKWARDS

english

0%

of total strength

RANDOM CHARACTERS

[Latin]

100%

of total strength

Enter a Password, and click Analyze

.....

Analyze

Show Examples

Hide Options

Cracking Hardware

Government cracker (\$500,000 machine)

Password Protection

Microsoft Windows NTLM 2

Time To Crack:

18 centuries

Total Passwords in Pattern:

31 Sextillion

MISSPELL

usfirst

0%

of total strength

RANDOM CHARACTERS

[Latin]

0%

of total strength

BACKWARDS

english

0%

of total strength

RANDOM CHARACTERS

[Latin]

100%

of total strength

Enter a Password, and click Analyze

.....

Analyze

Show Examples

Hide Options

Cracking Hardware

Organized Crime Cracker (\$50,000 machine) ▾

Password Protection

Unix BCrypt Hash ▾

Time To Crack:

25491950475 centuries

Total Passwords in Pattern:

31 Sextillion

MISSPELL

usfirst

0%

of total strength

RANDOM CHARACTERS

[Latin]

0%

of total strength

BACKWARDS

english

0%

of total strength

RANDOM CHARACTERS

[Latin]

100%

of total strength

Enter a Password, and click Analyze

.....

Analyze

Show Examples

Hide Options

Cracking Hardware

Government cracker (\$500,000 machine)

Password Protection

Unix BCrypt Hash

Time To Crack:

2549195048 centuries

Total Passwords in Pattern:

31 Sextillion

MISSPELL

usfirst

0%

of total strength

RANDOM CHARACTERS

[Latin]

0%

of total strength

BACKWARDS

english

0%

of total strength

RANDOM CHARACTERS

[Latin]

100%

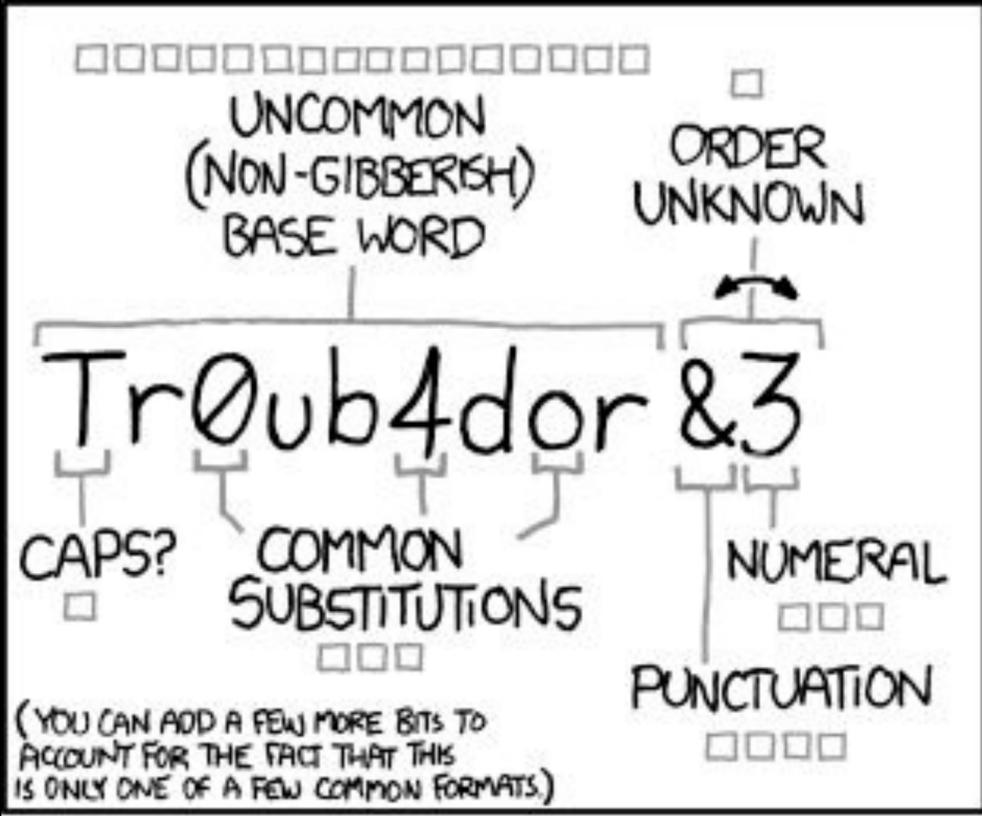
of total strength



Anwyccdfyawycdfyc



Anwyccdfyawycdfyc



~28 BITS OF ENTROPY

$2^{28} = 3 \text{ DAYS AT } 1000 \text{ GUESSES/SEC}$

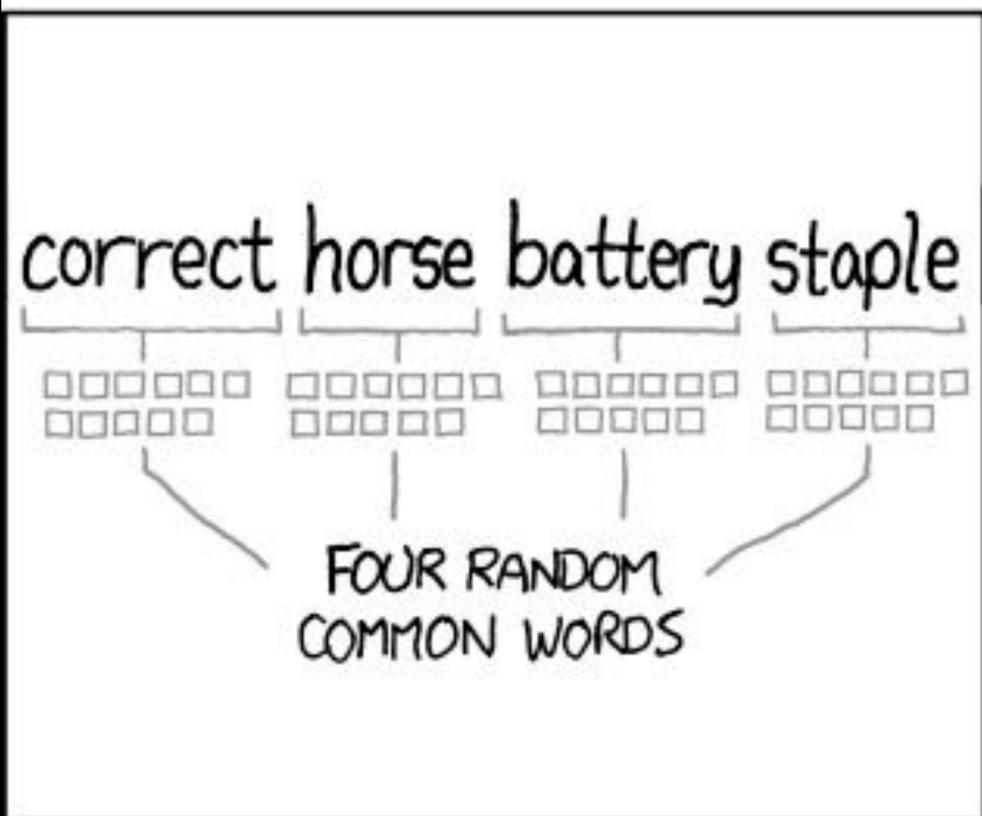
(PLAUSIBLE ATTACK ON A WEAK REMOTE WEB SERVICE. YES, CRACKING A STOLEN HASH IS FASTER, BUT IT'S NOT WHAT THE AVERAGE USER SHOULD WORRY ABOUT.)

DIFFICULTY TO GUESS: **EASY**

WAS IT TROMBONE? NO, TROUBADOR. AND ONE OF THE 0s WAS A ZERO?

AND THERE WAS SOME SYMBOL...

DIFFICULTY TO REMEMBER: **HARD**



~44 BITS OF ENTROPY

$2^{44} = 550 \text{ YEARS AT } 1000 \text{ GUESSES/SEC}$

DIFFICULTY TO GUESS: **HARD**

THAT'S A BATTERY STAPLE.

CORRECT!

DIFFICULTY TO REMEMBER: YOU'VE ALREADY MEMORIZED IT

THROUGH 20 YEARS OF EFFORT, WE'VE SUCCESSFULLY TRAINED EVERYONE TO USE PASSWORDS THAT ARE HARD FOR HUMANS TO REMEMBER, BUT EASY FOR COMPUTERS TO GUESS.

Passphrases are a good thing

Use a *password safe* or *password manager*

Generate lengthy, difficult passwords

Securely store passwords & other sensitive data

You only need to memorize 1 password—the one that opens your password safe

Here's a method for picking a good password:

“Where it began, I can't begin to know when”

Wib, Icbtkw



W16, Ic6tkw



W16, Ic6tkw!

Here's a method for picking a good password:

“Where it began, I can't begin to know when”

Wib, Icbtkw



W16, Ic6tkw



W16, Ic6tkw!

“I’m gonna fight ‘em off,
A seven nation army couldn’t hold me back”



1gfe0 , A7nachm6

“I’m gonna fight ‘em off,
A seven nation army couldn’t hold me back”



1gfe0 , A7nachm6

“Somewhere over the rainbow, way up high”



Sw0tr, wuh

“Somewhere over the rainbow, way up high”



Sw0tr, wuh

“I said a hip, hop, the hippie, the hippie
To the hip hip-hop, and you don’t stop
The rock it to the bang-bang, boogie say ‘up jump’
The boogie to the rhythm of the boogie the beat.”



IsahhththTohhhaydsTrittbbbsupTbttrotbtb

“I said a hip, hop, the hippie, the hippie
To the hip hip-hop, and you don’t stop
The rock it to the bang-bang, boogie say ‘up jump’
The boogie to the rhythm of the boogie the beat.”



IsahhththTohhhaydsTrittbbbsupTbttrotbtb

“Hot hot hot hot stuff hot hot hot”



Hhhhshhh

“Hot hot hot hot stuff hot hot hot”



Hhhshhh

Lots of password managers

1Password • B-Folders • Dashlane • Enpass • KeePassX
• Keeper • LastPass • mSecure • Password Safe

I do not recommend LastPass

1Password

agilebits.com/onepassword

Individual desktop license: \$50

Individual mobile license: \$0 + \$10 in-app purchase

Teams: \$5/user/month

Families: \$5/5 users/month (\$1/month/extra user)



- Demo
- All Items (43)
- Favorites (12)
- Categories
- Logins (31)
- Secure Notes (1)
- Credit Cards (3)
- Identities (3)
- Reward Programs (1)
- Driver Licenses (1)
- Software Licen... (3)

Title	Website	Username	Password Strength	Modified	Created
Amazon	amazon.com	wendy.h.appleseed@gmail.com	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
AppShopper	appshopper.com	wendyappleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Ars Technica	arstechnica.com	wendy_appleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2015-10-07	2014-09-15
Bank of America Savings	bankofamerica.com	WendyAppleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Broken Arrow	brokenarrowwear.com	wendyappleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Citibank (business)	citi.com	WendyAppleseedBiz	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Citibank (personal)	citi.com	WendyAppleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Daring Fireball	daringfireball.net	wendy.h.appleseed@gmail.com	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Dropbox	dropbox.com	wendy.h.appleseed@gmail.com	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
eBay	ebay.com	wendy.appleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Etsy	etsy.com	wendyappleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Evernote	evernote.com	wendy-appleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15

- Folders
- Tags
- Security Audit



Ars Technica

☆ ↗

username wendy_appleseed

password qUJxksZoeWT4NsK7mXrzHBdcYAPsyx

strength

website https://arstechnica.com/civis/ucp.php?mode=login&return_to=http%3A%2F%2Farstechnica.com

- show web form details
- show previously used passwords

last modified Oct 7, 2015 at 9:37 AM

created Sep 15, 2014 at 10:33 PM



- Demo
- All Items (43)
- Favorites (12)
- Categories**
- Logins (31)
- Secure Notes (1)
- Credit Cards (3)
- Identities (3)
- Reward Programs (1)
- Driver Licenses (1)
- Software Licenses (3)

Title	Website	Username	Password Strength	Modified	Created
Amazon	amazon.com	wendy.h.appleseed@gmail.com		2014-09-15	2014-09-15
AppShopper	appshopper.com	wendyappleseed		2014-09-15	2014-09-15
Ars Technica	arstechnica.com	wendy_appleseed		2015-10-07	2014-09-15
Bank of America Savings	bankofamerica.com	WendyAppleseed		2014-09-15	2014-09-15
Broken Arrow	brokenarrowwear.com	wendyappleseed		2014-09-15	2014-09-15
Citibank (business)	citi.com	WendyAppleseedBiz		2014-09-15	2014-09-15
Citibank (personal)	citi.com	WendyAppleseed		2014-09-15	2014-09-15
Daring Fireball	daringfireball.net	wendy.h.appleseed@gmail.com		2014-09-15	2014-09-15
Dropbox	dropbox.com	wendy.h.appleseed@gmail.com		2014-09-15	2014-09-15
eBay	ebay.com	wendy.appleseed		2014-09-15	2014-09-15
Etsy	etsy.com	wendyappleseed		2014-09-15	2014-09-15
Evernote	evernote.com	wendy-appleseed		2014-09-15	2014-09-15



Ars Technica

username wendy_appleseed
 password hRTWaHWCXeNRjwWUMyXCrPa4s2hTWb

strength

length 30

Show password recipe

ucp.php?mode=login&return_to=http%3A%2F%2Farstechnica.com

- Folders**
- Tags**
- Security Audit**
- Trash

Move to Trash

Cancel Save

- Demo
- All Items (43)
- Favorites (12)
- Categories
- Logins (31)
- Secure Notes (1)
- Credit Cards (3)
- Identities (3)
- Reward Programs (1)
- Driver Licenses (1)
- Software Licen... (3)

Title	Website	Username	Password Strength	Modified	Created
Amazon	amazon.com	wendy.h.appleseed@gmail.com	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
AppShopper	appshopper.com	wendyappleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Ars Technica	arstechnica.com	wendy_appleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2015-10-07	2014-09-15
Bank of America Savings	bankofamerica.com	WendyAppleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Broken Arrow	brokenarrowwear.com	wendyappleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Citibank (business)	citi.com	WendyAppleseedBiz	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Citibank (personal)	citi.com	WendyAppleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Daring Fireball	daringfireball.net	wendy.h.appleseed@gmail.com	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Dropbox	dropbox.com	wendy.h.appleseed@gmail.com	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
eBay	ebay.com	wendy.appleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Etsy	etsy.com	wendyappleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15
Evernote	evernote.com	wendy-appleseed	<div style="width: 100%; height: 10px; background-color: green;"></div>	2014-09-15	2014-09-15

- Folders
- Tags
- Security Audit



Ars Technica

☆ 📄

username wendy_appleseed
 password KaWG2qPYFBBFTDvgK8T2gePjj4uUR6 

length 30

Pronounceable

digits 5

symbols 0

Avoid ambiguous characters

Allow characters to repeat

ucp.php?mode=login&return_to=http%3A%2F%2Farstechnica.com

- Trash

Move to Trash

Cancel Save

Demo

All Items 46

Favorites 12

Categories

Logins 31

Secure Notes 4

Credit Cards 3

Identities 3

Reward Programs 1

Driver Licenses 1

Software Licen... 3

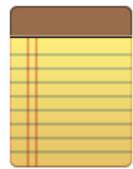
Folders

Tags

Security Audit

Trash

Title	Modified	Created
Apple Store Information	2014-09-16	2009-07-10
Computer Serial Numbers	Today	Today
License Plates	Today	Today
Medications	Today	Today



Apple Store Information



notes

San Francisco:

Address:

One Stockton Street
San Francisco, CA 94108
(415) 392-0202

Store hours:

Mon - Sat: 9:00 AM - 9:00 PM
Sun: 10:00 AM - 7:00 PM

last modified Sep 16, 2014 at 3:38 AM
created Jul 10, 2009 at 1:27 PM



Edit

Demo

All Items 46

Favorites 12

Categories

Logins 31

Secure Notes 4

Credit Cards 3

Identities 3

Reward Programs 1

Driver Licenses 1

Software Licen... 3

Folders

Tags

Security Audit

Trash

Title	Card Type	Card Number	Expiry Date	Modified	Created
 American Express	American Express	3703 **** 2932	8/2020	2014-09-15	2009-07-10
 Bank of America MasterCard	MasterCard	4500 **** 5678	6/2017	2014-09-15	2009-07-10
 CIBC Visa Gold	VISA	4500 **** 5678	8/2018	2014-09-15	2012-08-13



Bank of America MasterCard



Section

cardholder name Wendy Appleseed
 type MasterCard
 number 4500 6500 1234 5678
 expiry date 06/2017

Contact Information

issuing bank Bank of America
 website www.bofa.com

last modified Sep 15, 2014 at 10:04 PM



Edit



- Demo ⌵
- All Items 46
- Favorites 12
- Categories**
- Logins 31
- Secure Notes 4
- Credit Cards 3
- Identities 3
- Reward Programs 1
- Driver Licenses 1
- Software Licen... 3
- Folders**
- Tags**
- Security Audit**
- Trash

Title	Full Name	Street	City	Modified	Created
Business Identity	Wendy Appleseed	123 Anywhere...	Chicago	2014-09-15	2012-12-05
Forums	Alter Ego			2013-09-08	2011-06-17
Personal Identity	Wendy Appleseed	1 Yonge Street,...	Toronto	2013-09-08	2012-12-05



Personal Identity



Identification

first name Wendy
 last name Appleseed
 sex Female
 birth date Jan 24, 1984
 occupation Customer Service

Address

address 1 Yonge Street, Suite 1801
 Toronto Ontario M5E1W7
 Canada
 default phone 555-555-1234



Edit

Demo

All Items 46

Favorites 12

Categories

Logins 31

Secure Notes 4

Credit Cards 3

Identities 3

Reward Programs 1

Driver Licenses 1

Software Licen... 3

Folders

Tags

Security Audit

Trash

Title	Modified	Created
 Driver's License	2014-09-15	2012-08-13



Driver's License



Section

full name Wendy H. Appleseed
 address 123 Somewhere Street, Toronto, Ontario, Canada
 date of birth Jan 24, 1984
 sex Female
 height 5' 6"
 number S3486 1234 5678
 license class G
 state Ontario
 country Canada
 expiry date 01/2019



Edit

- Demo
- All Items (46)
- Favorites (12)
- Categories
 - Logins (31)
 - Secure Notes (4)
 - Credit Cards (3)
 - Identities (3)
 - Reward Programs (1)
 - Driver Licenses (1)
 - Software Licen... (3)

Title	Version	Modified	Created
Alfred Powerpack	1.3	2012-11-22	2012-11-22
Kaleidoscope	2.0	2014-09-15	2012-11-22
TextExpander	2.8	2014-09-15	2012-10-31

- Folders
- Tags
- Security Audit



Kaleidoscope



Section

version 2.0
 license key ABCD-1234-EFGH-5678

Customer

licensed to Wendy Appleseed

Publisher

download page <http://www.kaleidoscopeapp.com>
 publisher Black Pixel LLC
 website <http://www.kaleidoscopeapp.com>
 support email kaleidoscope@blackpixel.com



- Demo** ▾
- All Items (46)
- Favorites (12)
- Categories**
- Logins (31)
- Secure Notes (4)
- Credit Cards (3)
- Identities (3)
- Reward Programs (1)
- Driver Licenses (1)
- Software Licen... (3)
- Folders**
- Tags**
- Security Audit**
- Watchtower
- Weak Passwords (1)
- Duplicate Passwords
- 3+ years old (6)
- 1-3 years old (23)
- 6-12 months old (4)
- Trash

Title	Version	Modified	Created
Alfred Powerpack	1.3	2012-11-22	2012-11-22
Kaleidoscope	2.0	2014-09-15	2012-11-22
TextExpander	2.8	2014-09-15	2012-10-31

- Password
- Social Security Number
- Passport
- Bank Account
- Outdoor License
- Wireless Router
- Server
- Database
- Email Account
- Membership
- Login
- Secure Note
- Credit Card
- Identity
- Reward Program
- Driver's License
- Software License
- Software License



Kaleidoscope



Section

Version 2.0
 License key ABCD-1234-EFGH-5678

Customer

Assigned to Wendy Appleseed

Publisher

Homepage <http://www.kaleidoscopeapp.com>
 Publisher Black Pixel LLC
 Website <http://www.kaleidoscopeapp.com>
 Email kaleidoscope@blackpixel.com



Edit

Demo

All Items 46

Favorites 12

Categories

Logins 31

Secure Notes 4

Credit Cards 3

Identities 3

Reward Programs 1

Driver Licenses 1

Software Licen... 3

Folders

Tags

Security Audit

Watchtower

Weak Passwords 1

Duplicate Passwords

3+ years old 6

1-3 years old 23

6-12 months old 4

Trash

Title	Website	Username	Passwor...	Modified	Created
Amazon	amazon.com	wendy.h.apples...		2014-09-15	2014-09-15
AppShopper	appshopper.com	wendyappleseed		2014-09-15	2014-09-15
Ars Technica	arstechnica.com	wendy_appleseed		2015-10-07	2014-09-15
Bank of America Savings	bankofamerica.c...	WendyAppleseed		2014-09-15	2014-09-15
Broken Arrow	brokenarrowwea...	wendyappleseed		2014-09-15	2014-09-15
Citibank (business)	citi.com	WendyApplesee...		2014-09-15	2014-09-15
Citibank (personal)	citi.com	WendyAppleseed		2014-09-15	2014-09-15
Daring Fireball	daringfireball.net	wendy.h.apples...		2014-09-15	2014-09-15
Dropbox	dropbox.com	wendy.h.apples...		2014-09-15	2014-09-15
eBay	ebay.com	wendy.appleseed		2014-09-15	2014-09-15
Etsy	etsy.com	wendyappleseed		2014-09-15	2014-09-15
Evernote	evernote.com	wendy-appleseed		2014-09-15	2014-09-15



Amazon



username wendy.h.appleseed@gmail.com
 password KtLUcucVLaZCoZKxCcVdMQgyPEQHefAU
 strength

website https://www.amazon.com/ap/signin?_encoding=UTF8&openid.assoc_handle=usflex&openid.claimed_id=http%3A%2F...

show web form details

last modified Sep 15, 2014 at 10:59 PM
 created Sep 15, 2014 at 10:32 PM



Edit

Demo!

Backup

You will lose forever your papers, photos, contacts,
music, movies...

A problem has been detected and windows has been shut down to prevent damage to your computer.

DRIVER_IRQL_NOT_LESS_OR_EQUAL

If this is the first time you've seen this stop error screen, restart your computer, If this screen appears again, follow these steps:

Check to make sure any new hardware or software is properly installed. If this is a new installation, ask your hardware or software manufacturer for any windows updates you might need.

If problems continue, disable or remove any newly installed hardware or software. Disable BIOS memory options such as caching or shadowing. If you need to use Safe Mode to remove or disable components, restart your computer, press F8 to select Advanced Startup Options, and then select Safe Mode.

Technical information:

*** STOP: 0x000000D1 (0x0000000C,0x00000002,0x00000000,0xF86B5A89)

*** gv3.sys - Address F86B5A89 base at F86B5000, DateStamp 3dd991eb

Beginning dump of physical memory

Physical memory dump complete.

Contact your system administrator or technical support group for further assistance.















3-2-1 Rule of Backups

3 copies of important files (e.g., an original on your computer, a copy on a local hard drive, & another copy online)

2 types of media backing up the files (e.g., computer + hard drive, or hard drive + online)

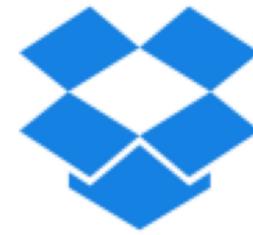
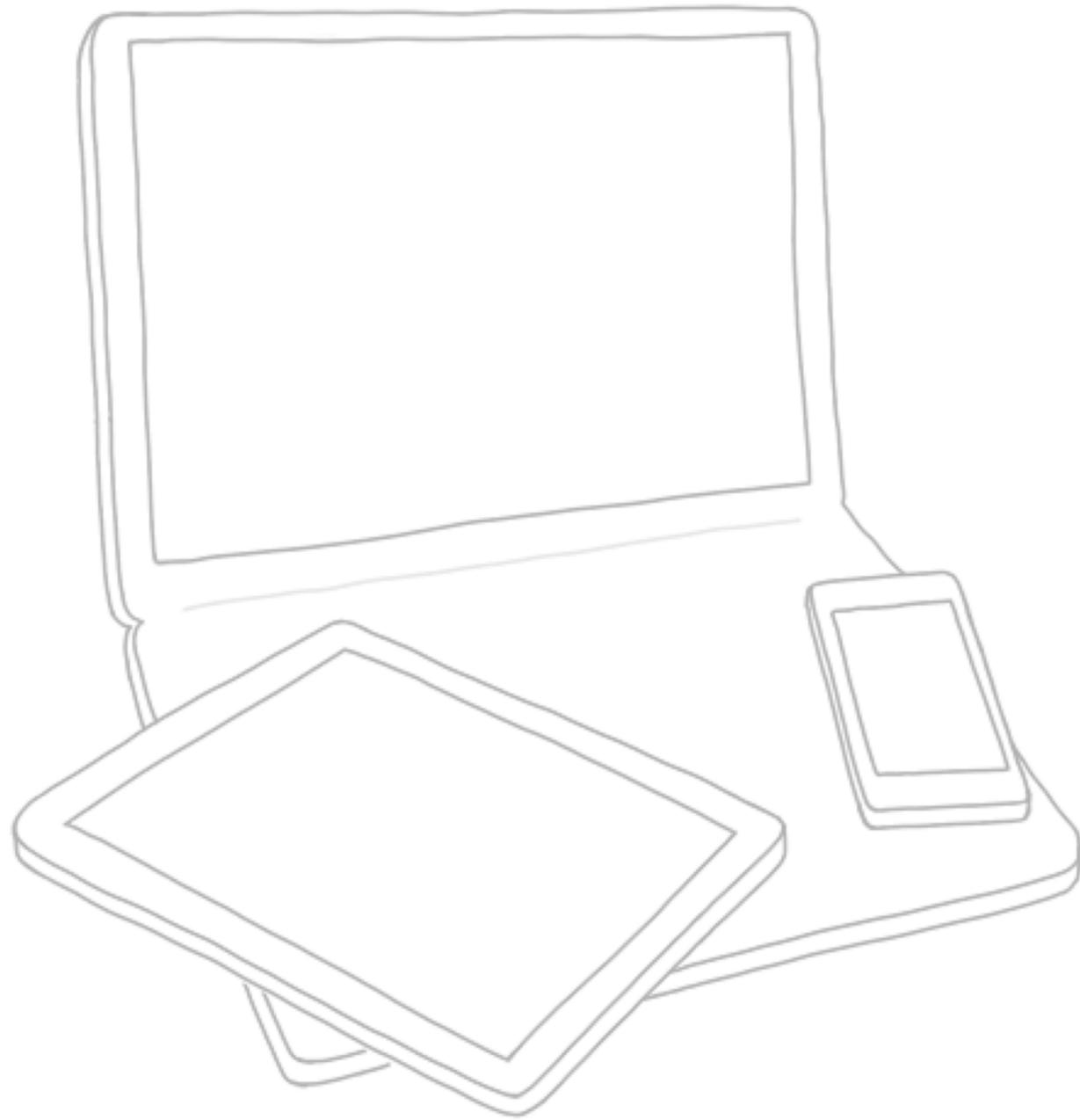
1 copy offsite

When developing your backup plan, figure out the following:

- » your budget & the cost of backup method(s), e.g., service, software, hardware, storage
- » efficiency & speed of backup process
- » effort & cost required to restore your data

Online

Download



Your stuff, anywhere

Sign up

or Sign in

Learn more 



Dropbox

www.getdropbox.com

Drew Houston

beta@getdropbox.com

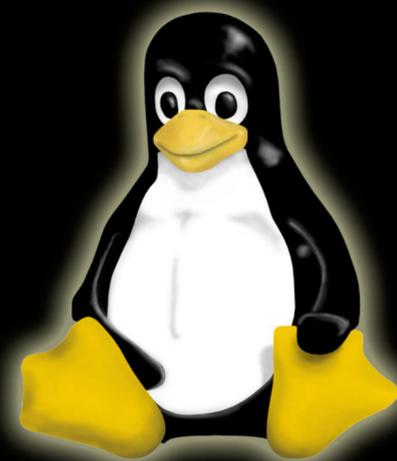
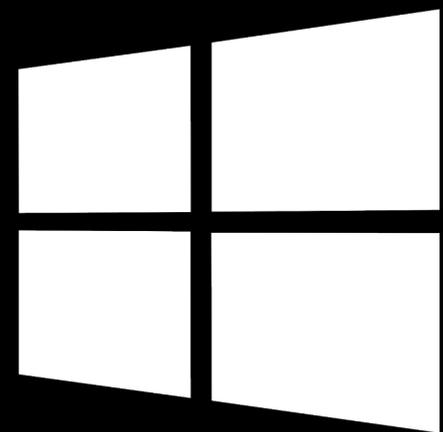


Dropbox

www.getdropbox.com

Drew Houston

beta@getdropbox.com



iOS



128-bit SSL encryption during transport

Data encryption using 256-bit AES

New & changed files automatically uploaded

30 day archive

Service	Users	Storage	File Recovery	Cost
Basic	1	2 GB	30 days	Free
Plus	1	2 TB	30 days	\$120/yr
Family	1–6	2 TB	30 days	\$204/yr
Professional	1	3 TB	180 days	\$200/yr
Standard	3	5 TB	180 days	\$150/yr/user
Advanced	3	∞	180 days	\$240/yr/user

Good for backup

Great for collaboration & syncing

If you decide to sign up, please use this link

<https://db.tt/I4EbATZ>

I get 1 GB of free space & you get an extra 500 MB!



Cloud storage that's astonishingly easy and low-cost.

750 Petabytes stored & over 35 billion files recovered (and counting):

4 0 , 0 4 4 , 1 6 8 , 9 4 3

[Personal Backup](#)

[Business Backup](#)

[B2 Cloud Storage](#)

Simple Pricing, Unlimited Data

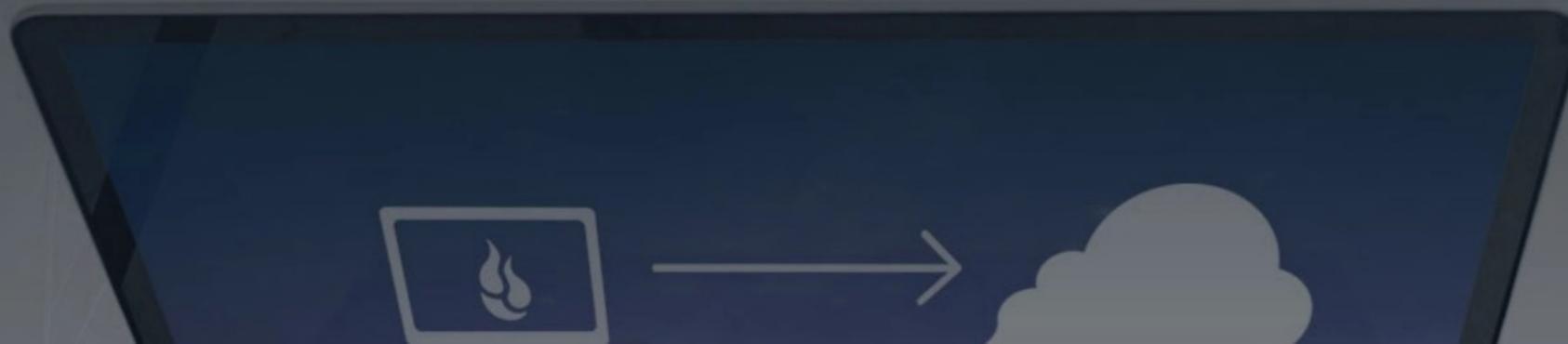
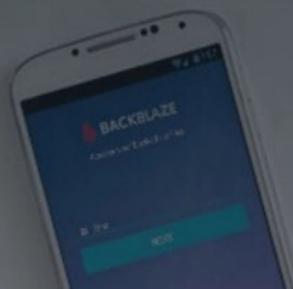
Prices are per computer. Plus applicable taxes.

\$ **6**
MONTH

\$ **60**
YEAR
(Save \$12)

\$ **110**
2-YEAR
(Save \$34)

Try it Free





You are backed up as of: 9/7/17, 12:04 AM

Currently backing up newer files



Pause Backup

Restore Options...



Selected for Backup: 1,502,499 files / 874,019 MB

Backup Schedule: Continuously

Remaining Files: 309 files / 439,506 MB

Transferring: Part 16 of IMG_0933.MOV

Settings...

[What is being backed up?](#)

[How long will my first backup take?](#)



View/Restore Files

Choose Method:



Download Zip (Free)

You will receive an email once your files are ready to restore.
Your files will be put into a zip format and available for download.



USB Flash Drive (\$99) up to 128 GB max (110,000 MB of data)

Your files will be sent on a USB Flash Drive.
(You will receive a drive large enough to contain your data.) You can keep the restore drive, or send it back to us within 30 days for a refund. Please see our [Restore Return Refund](#) page for more information.



USB Hard Drive (\$189) up to 4 TB max (3,500,000 MB of data)

Your files will be sent on an external USB hard drive.
(You will receive a drive large enough to contain your data.)
You can keep the restore drive, or send it back to us within 30 days for a refund.
Please see our [Restore Return Refund](#) page for more information.

Continue with Restore

Backblaze actually offers 3 services

1. Personal Backup: software + cloud storage
2. Business Backup: software + cloud storage
3. B2 Cloud Storage: cloud storage *only*

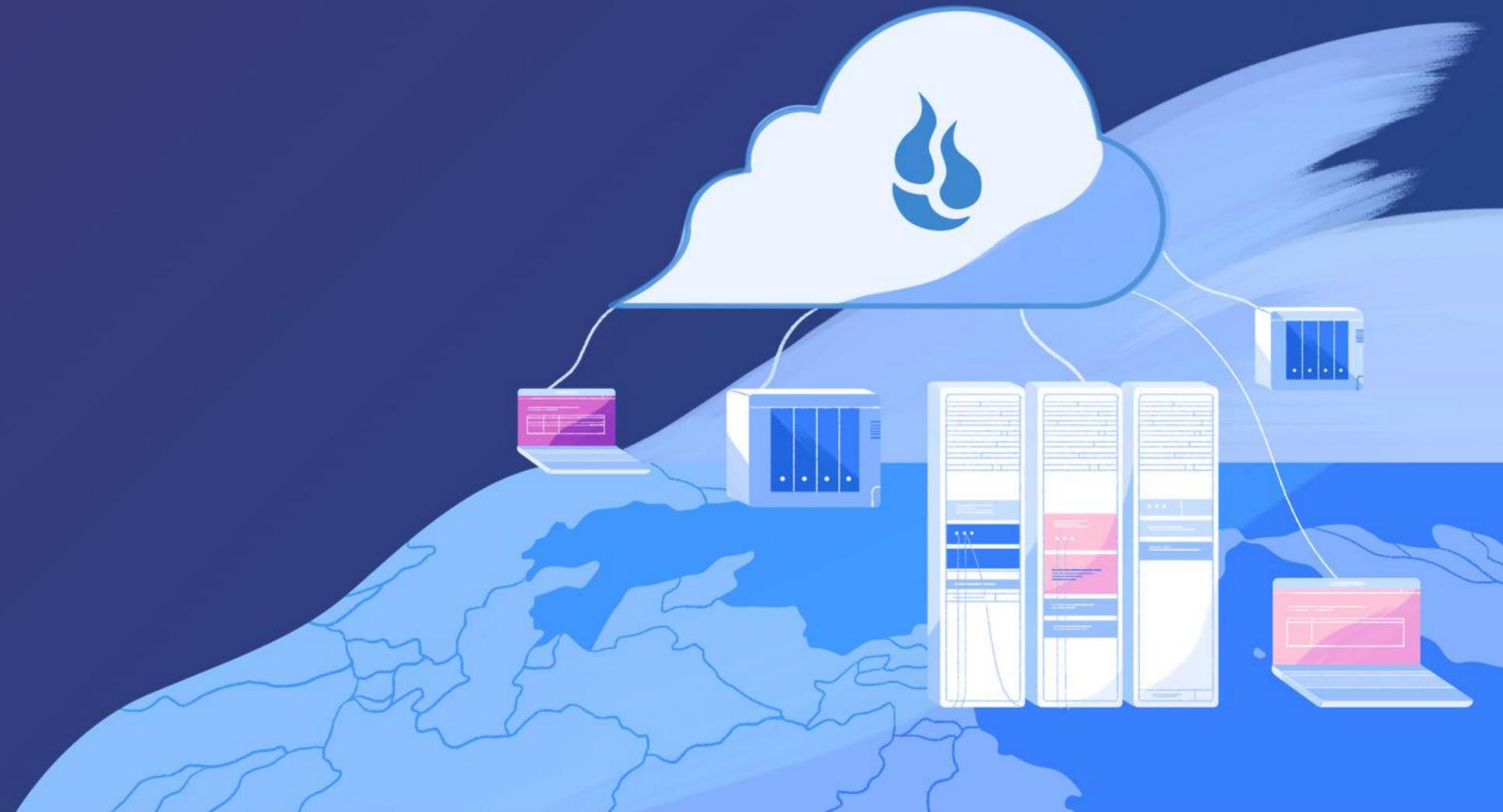
Storage only — you get data here yourself

Backblaze B2 Cloud Storage

High Performance Cloud Storage at $\frac{1}{4}$ the Price. 10+ years experience. 750+ Petabytes under management.

Sign up today →

The first 10 GB of storage is free.



Nice features of Backblaze B2

- » Order USB drive of your data for restoration
- » Restore multiple older versions files
- » Automatic or scheduled backups
- » Locate missing or stolen computers
- » Auto threading & throttling or set your own upload limit to conserve bandwidth
- » File sharing via Backblaze B2 to share files you've backed up

How do you actually back up data to Backblaze B2?

Backs up all your computers. Simple. Awesome.

Arq® is backup software for your Mac or PC.
It backs up your files securely to your cloud account or NAS.

[Download Arq](#)

Free 30-Day Trial

Latest Arq release for Mac: **5.16** Shipped 19 February, 2019 [Release Notes](#)

Latest Arq release for Windows: **5.16.0** Shipped 19 February, 2019 [Release Notes](#)

Backs up all files automatically, including external drives or network shares

Back up hourly or daily

Prevent backup on specific Wi-Fi networks or while on battery power

Custom file & folder exclusion rules

Everything encrypted before it leaves your computer with a password you set (do *not* lose this password!)

Keeps multiple versions of your files

Use Arq software or cloud.arqbackup.com to download your files

Search active backups

Back Up

▶ ScottBook Pro Backup

Restore

> granne-mbp-backup

> OneDrive

Activity

▶ Backup Mar 5, 2022 at 11:11 PM

✔ Backup Mar 5, 2022 at 2:59 PM

✔ Backup Mar 5, 2022 at 1:32 PM

✔ Backup Mar 5, 2022 at 11:27 AM

✔ Backup Mar 4, 2022 at 8:36 PM

✔ Backup Mar 4, 2022 at 7:32 PM

! Backup Mar 4, 2022 at 4:26 PM

✔ Backup Mar 4, 2022 at 2:39 PM

✔ Backup Mar 4, 2022 at 12:45 PM

✔ Backup Mar 4, 2022 at 10:46 AM

Load more...

ScottBook Pro Backup

Selected Item(s): 51 items

Storage Location: granne-mbp-backup

Encryption: On

Schedule: Every 2 hours

Last Backup: 2022-03-05, 2:59 PM

UUID: 8bc514cf-8f11-4867-ad22-05a8a550a06b

Status: Backing up; calculating totals

View Latest Backup Record...

Show Log



Scanning

Scanned 27.257 GB (310512 files), uploaded 376.5 MB

Edit...

Stop

Remove...

Back Up

▶ ScottBook Pro Backup

Restore

> granne-mbp-backup

> OneDrive

Activity

▶ Backup Mar 5, 2022 at 11:11 PM

✔ Backup Mar 5, 2022 at 2:59 PM

✔ Backup Mar 5, 2022 at 1:32 PM

✔ Backup Mar 5, 2022 at 11:27 AM

✔ Backup Mar 4, 2022 at 8:36 PM

✔ Backup Mar 4, 2022 at 7:32 PM

! Backup Mar 4, 2022 at 4:26 PM

✔ Backup Mar 4, 2022 at 2:39 PM

✔ Backup Mar 4, 2022 at 12:45 PM

✔ Backup Mar 4, 2022 at 10:46 AM

Load more...

Add a Storage Location:

-  Amazon Drive
-  Amazon Web Services
-  Backblaze B2
-  Dropbox
-  Filebase
-  Google Cloud
-  Google Drive
-  OneDrive
-  Polycoud
-  SharePoint
-  SFTP
-  Wasabi
-  Attached disk or network share
-  S3-Compatible Server

Cancel

Continue

Use any of these storage locations

View Latest Backup Record...

Show Log

Back Up

▶ ScottBook Pro Backup

Restore

> granne-mbp-backup

> OneDrive

Activity

▶ Backup Mar 5, 2022 at 11:11 PM

✔ Backup Mar 5, 2022 at 2:59 PM

✔ Backup Mar 5, 2022 at 1:32 PM

✔ Backup Mar 5, 2022 at 11:27 AM

✔ Backup Mar 4, 2022 at 8:36 PM

✔ Backup Mar 4, 2022 at 7:32 PM

! Backup Mar 4, 2022 at 4:26 PM

✔ Backup Mar 4, 2022 at 2:39 PM

✔ Backup Mar 4, 2022 at 12:45 PM

✔ Backup Mar 4, 2022 at 10:46 AM

Load more...

Add a Storage Location:

-  Amazon Drive
-  Amazon Web Services
-  Backblaze B2
-  Dropbox
-  Filebase
-  Google Cloud
-  Google Drive
-  OneDrive
-  Polycoud
-  SharePoint
-  SFTP
-  Wasabi
-  Attached disk or network share
-  S3-Compatible Server

Cancel

Continue

Use any of these storage locations

View Latest Backup Record...

Show Log

■ Introducing the Media Innovation Cloud Alliance.



Disruption Starts Here

Enterprise class cloud storage, 1/5th the price of traditional cloud vendors and up to 6x faster. No hidden fees for egress or API requests.

[START YOUR FREE TRIAL](#)

\$6 TB/month

Fast speeds up & down



Object Storage

Search Buckets

All Buckets /

Different users & different computers,
each in their own *bucket*



	Bucket Name	Owner	Region	Public Access	Created On	Actions
	granne-audio-video	scott	us-east-1	Default	Dec 10, 2018 9:49 PM	
	granne-mbp-backup	scott	us-east-1	Default	Aug 30, 2017 4:55 PM	
	granne-mini-backup	scott	us-east-1	Default	Oct 14, 2017 7:26 PM	
	granne-software-backups	scott	us-east-1	Default	Sep 18, 2017 11:08 AM	
	woltman-mbp-backup	scott	us-east-1	Default	Nov 15, 2018 5:51 PM	

BEST

Arq 7

\$49.99

per computer

App only – use your own cloud storage

Mac or Windows

World-class support

[Purchase Arq 7](#)

[Download Free Trial](#)

Arq 7

\$49.99

per computer

App only – use your own cloud storage

Mac or Windows

World-class support

Purchase Arq 7

Download Free Trial

Arq Premium

\$59.99/year

5 computers and 1 TB included storage¹

Everything included – set it and forget it

Mac or Windows

World-class support

All the features of Arq 7

Web access to your backups

Subscribe to Arq Premium

Download Free Trial

\$6/mo

¹ Additional TBs of storage \$.00599/GB per month

(BTW — Arq Cloud Backup uses Wasabi on the back end)

Local







Documents

Documents

FAVORITES

- All My Files
- AirDrop
- Applications
- Desktop
- Documents**
- Downloads
- Movies
- Music
- Pictures

DEVICES

SHARED

TAGS

- Important
- Home
- School
- Finance
- Travel
- Work

Name	Date Modified	Size	Kind
Thailand_028.jpg	Aug 25, 2012 11:28 AM	897 KB	JPEG image
Family Savings	Jan 30, 2013 7:57 PM	181 KB	Number...eadsheet
Thailand_029.jpg	Aug 25, 2012 11:28 AM	363 KB	JPEG image
Thailand_030.jpg	Aug 25, 2012 11:28 AM	624 KB	JPEG image
Community Garden	Nov 15, 2012 9:48 AM	2.8 MB	Pages Publication
Glass	March 20, 2013 5:56 PM	25.2 MB	Pages Publication
Thailand_031.jpg	Aug 25, 2012 11:28 AM	444 KB	JPEG image
History of Guitars	May 15, 2013 3:08 PM	31.4 MB	Pages Publication
Next City Cycles	Feb 28, 2013 2:28 PM	3.2 MB	Number...eadsheet
Thailand_033.jpg	Aug 25, 2012 11:28 AM	552 KB	JPEG image

January 2013

Yesterday

Today

Now

Cancel

Today (Now)

Restore

Desktop

Name	Date Modified	Size
GMFYM-Why-a-Mac.txt	2022-03-06	4
GMFYM-Why-a-Mac.pdf	2022-03-06	10.4
Apple - Which Mac is right for you? - Desktop - 2022-03-06.txt	2022-03-06	26 by
Apple - Which Mac is right for you? - Desktop - 2022-03-06.webp	2022-03-06	47
Apple - Which Mac is right for you? - Notebooks - 2022-03-06.txt	2022-03-06	26 by
Apple - Which Mac is right for y... - Notebooks - 2022-03-06.webp	2022-03-06	51
GMFYM-System-Preferences.txt	2022-03-06	2
GMFYM-System-Preferences.pdf	2022-03-06	29.2
XScreenSaver	2022-03-06	307
Human Interface Guidelines	2022-03-06	677
Apple - SF Symbols 3 - 2022-03-06.txt	2022-03-06	160 by
Apple - Human Interface Guidelines - tvOS - 2022-03-06.txt	2022-03-06	200 by
Apple - Human Interface Guidelines - watchOS - 2022-03-06.txt	2022-03-06	224 by
Apple - Human Interface Guidelines - iOS - 2022-03-06.txt	2022-03-06	198 by
Apple - Human Interface Guidelines - macOS - 2022-03-06.txt	2022-03-06	202 by
Apple - Human Interface Guidelines - 2022-03-06.txt	2022-03-06	139 by
Apple - SF Symbols 3 - 2022-03-06.webp	2022-03-06	137
Apple - Human Interface Guidel... - SF Symbols - 2022-03-06.txt	2022-03-06	82 by
Apple - Human Interface Guidel...F Symbols - 2022-03-06.webp	2022-03-06	91
Apple - Human Interface Guidelines - tvOS - 2022-03-06.webp	2022-03-06	57
Apple - Human Interface Guidel... - watchOS - 2022-03-06.webp	2022-03-06	71
Apple - Human Interface Guidelines - iOS - 2022-03-06.webp	2022-03-06	83
Apple - Human Interface Guidel...s - macOS - 2022-03-06.webp	2022-03-06	95
Apple - Human Interface Guidel...Technologies - 2022-03-06.txt	2022-03-06	62 by
Apple - Human Interface Guidel...chnologies - 2022-03-06.webp	2022-03-06	84
Apple - Human Interface Guidelines - 2022-03-06.webp	2022-03-06	58
Wasabi storage.txt	2022-03-06	192 by
Peek	2022-03-05	1
macOS 12 Monterey - System Pr...es - General - 2022-03-04.webp	2022-03-04	61
macOS 12 Monterey - System Preferences - 2022-03-04.webp	2022-03-04	64
OnyX - macOS 12 Monterey - Pa...rs - General - 2022-03-04.webp	2022-03-04	50
Finder - Preferences - Advanced...2 Monterey - 2022-03-04.webp	2022-03-04	32
Obsidian	2022-03-04	273
Obsidian 0.13.23 - 2022-03-04.webp	2022-03-04	44
ARPANET - CodeDocs - 2022-03-04.html	2022-03-03	547
Gathering Assets and Typography.pdf	2022-03-03	589
Webster UX	2022-03-03	838.8
Cloudflare	2022-02-28	2.2
ARPANET	2022-02-28	96.2
Netizens Netbook by Ronda Hauben & Michael Hauben	2022-02-28	5.4
+PUT AWAY	2022-02-27	7.64
UML doc - original.evs	2022-02-27	5

Macintosh HD > Users > rsgranne > Desktop

145 items, 251.37 GB available

Today (Now)

January 2022

February

March

Yesterday

Cancel Restore

Desktop

Name	Date Modified	Size
> Peek	2022-03-05	1
Arq 7.14.1 - Storage Locations - 2022-03-05.webp	2022-03-05	51
Arq 7.14.1 - Backing up - 2022-03-05.webp	2022-03-05	66
Arq - Pricing - 2022-03-05.txt	2022-03-05	34 by
Arq - Pricing - 2022-03-05.webp	2022-03-05	51
Arq - Pricing - 2022-03-05.jpg	2022-03-05	141
macOS 12 Monterey - System Pr...es - General - 2022-03-04.webp	2022-03-04	61
macOS 12 Monterey - System Preferences - 2022-03-04.webp	2022-03-04	64
OnyX - macOS 12 Monterey - Pa...rs - General - 2022-03-04.webp	2022-03-04	50
Finder - Preferences - Advanced...2 Monterey - 2022-03-04.webp	2022-03-04	32
> Obsidian	2022-03-04	273
GMFYM-Why-a-Mac.pdf	2022-03-04	8.9
Screen Shot 2022-03-03 at 7.49.25 PM.jpg	2022-03-03	67
ARPANET - CodeDocs - 2022-03-04.html	2022-03-03	547
Gathering Assets and Typography.pdf	2022-03-03	589
> Webster UX	2022-03-03	838.8
> Cloudflare	2022-02-28	2.2
> ARPANET	2022-02-28	96.2
> Netizens Netbook by Ronda Hauben & Michael Hauben	2022-02-28	5.4
> +PUT AWAY	2022-02-27	7.64
HWL logo - original.svg	2022-02-27	5
2022-02-03 To Marc from Israel re Whoopi Goldberg.md	2022-02-27	3
Nitrous Effect WordPress evaluations.md	2022-02-27	3
Bob Dylan albums.txt	2022-02-26	1
> WebP install on Windows	2022-02-26	197
sxsw-dropdowns.pdf	2022-02-25	92.5
2022-30-24-06-30-53.txt	2022-02-24	134 by
deleteme.md	2022-02-24	3
Style_Tile_Template.psd.zip	2022-02-24	391
Screen Shot 2022-02-23 at 2.29.33 PM.jpg	2022-02-23	130
Now when and so 1.mp4	2022-02-19	1
> St-Chas	2022-02-19	269.3
Personas and Journey Mapping.pdf	2022-02-15	1.6
Guide to Creating User Personas.pdf	2022-02-15	681
ssh-keygen - ed25519 - 2022-02-14.webp	2022-02-14	68
> HTML Overview - Slides	2022-02-14	23.7
VSCode - Quick Info - How to see 2 - 2022-02-09.png	2022-02-09	296
VSCode - Quick Info - How to see 3 - 2022-02-09.png	2022-02-09	317
VSCode - Quick Info - How to see 1 - 2022-02-09.jpg	2022-02-09	439
Poor Planning - Tree Swing Example.pdf	2022-02-08	159
Microsoft Writing Style Guide - 2022-01-27.pdf	2022-02-07	3.6
Window menu - Windows 10 - 2022-02-06.png	2022-02-06	27.4

Macintosh HD - Data@snap-19652893 > Users > rsgnanne > Desktop

122 items

Yesterday, 12:04 AM

↑

↓

January 2022

February

March

Yesterday

Now

Cancel Restore

Keynote File Edit Insert Slide Format Arrange View Play Share Window Help

View Zoom 64%

1 Git

2

3 Version Control

4 **Version Control**

5

6 git History

7 Text

8 Installation

9 GitHub

10

11

12

13

14

File menu items:

- New ⌘N
- Open... ⌘O
- Open Recent ▶
- Close Window ⌘W
- Close Tab ⌘W
- Save ⌘S
- Duplicate ⌘S
- Rename...
- Move To...
- Revert To ▶
- Export To ▶
- Advanced ▶
- Set Password...
- Change Theme...
- Save Theme...
- Print... ⌘P

Git.key

Table Chart Text Shape Media Comment Collaborate

CSS - Typography.key HowOSsWork_20081210.key Git.key

Version control, AKA *revision control* & *source control*

“...management of changes to documents, computer programs, large web sites, and other collections of information. Changes are usually identified by a number or letter code, termed the ‘revision number’ ... or simply ‘revision’. ... Each revision is associated with a timestamp and the person making the change. Revisions can be compared, restored, and ... merged.”

Slide Layout

Text

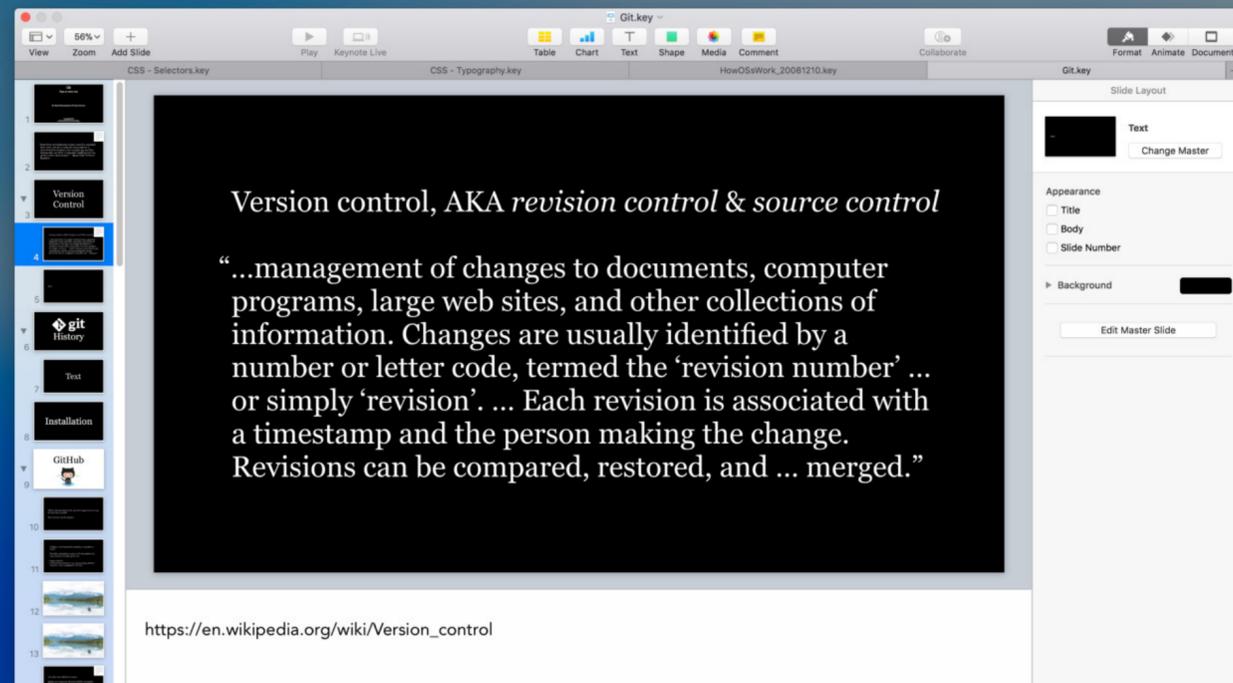
Change Master

Appearance

- Title
- Body
- Slide Number

Background

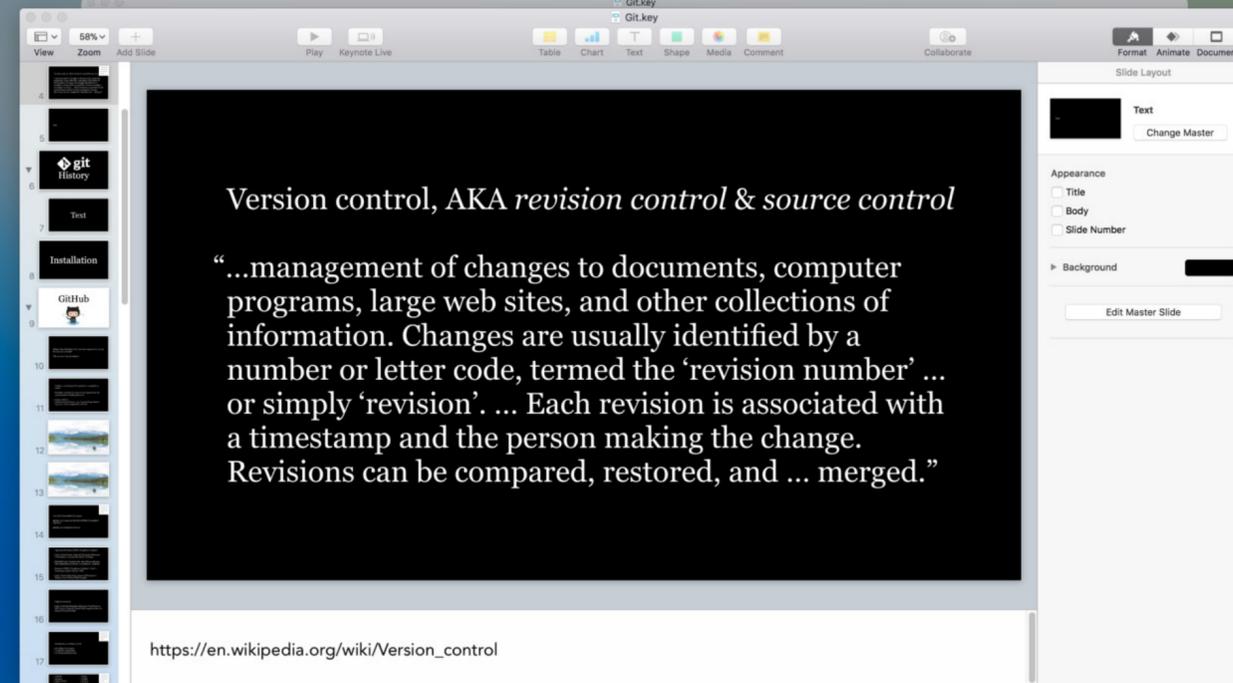
Edit Master Slide



Current Document

Done

Restore



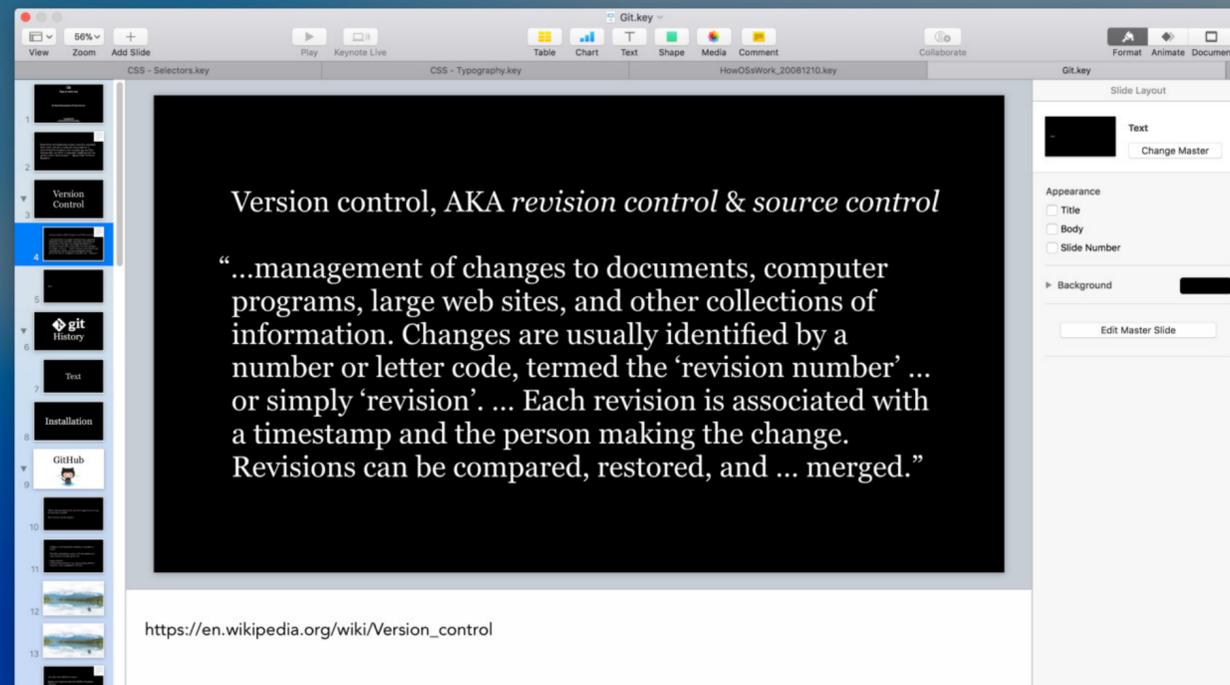
Today at 10:00 AM



May 2016

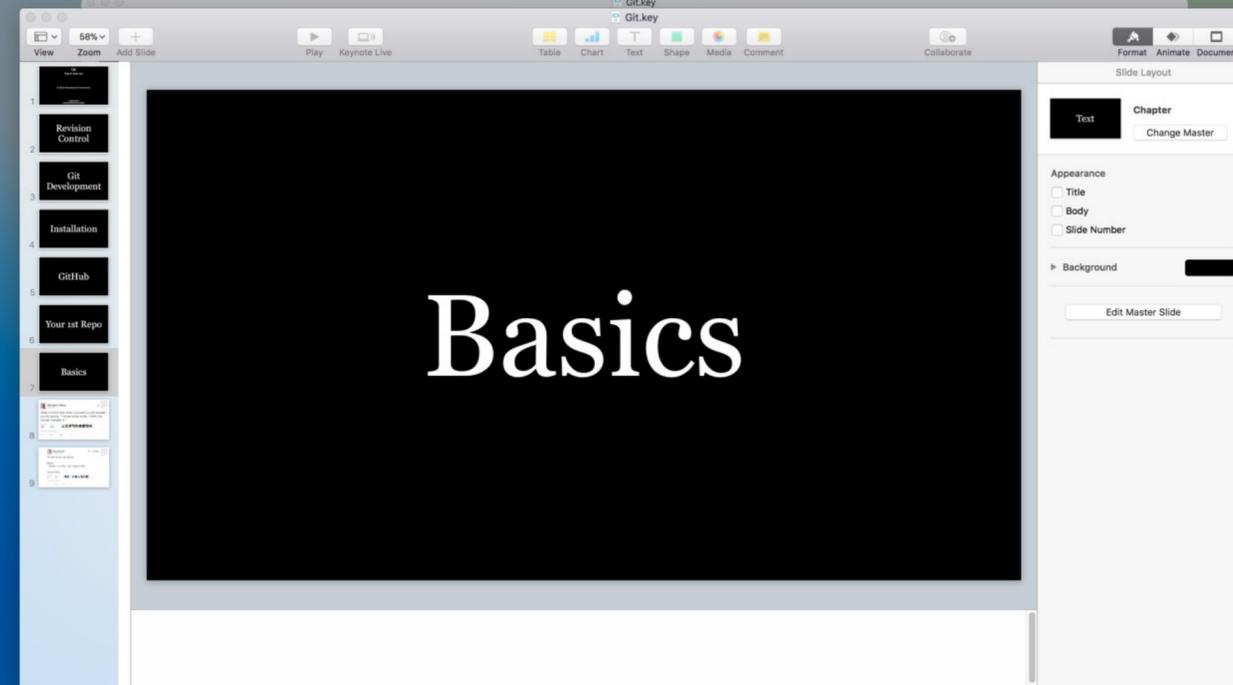
Yesterday

Today



Current Document

Done



Restore

Yesterday at 2:41 PM



May 2016

Yesterday

Today



Back Up

▶ ScottBook Pro Backup

Restore

> granne-mbp-backup

> OneDrive

Activity

▶ Backup Mar 5, 2022 at 11:11 PM

✓ Backup Mar 5, 2022 at 2:59 PM

✓ Backup Mar 5, 2022 at 1:32 PM

✓ Backup Mar 5, 2022 at 11:27 AM

✓ Backup Mar 4, 2022 at 8:36 PM

✓ Backup Mar 4, 2022 at 7:32 PM

! Backup Mar 4, 2022 at 4:26 PM

✓ Backup Mar 4, 2022 at 2:39 PM

✓ Backup Mar 4, 2022 at 12:45 PM

✓ Backup Mar 4, 2022 at 10:46 AM

Load more...

Add a Storage Location:

-  Amazon Drive
-  Amazon Web Services
-  Backblaze B2
-  Dropbox
-  Filebase
-  Google Cloud
-  Google Drive
-  OneDrive
-  Polycloud
-  SharePoint
-  SFTP
-  Wasabi
-  Attached disk or network share
-  S3-Compatible Server

Cancel

Continue

View Latest Backup Record...

Show Log

-05a8a550a06b

als

uploaded 376.5 MB

Back Up

▶ ScottBook Pro Backup

Restore

> granne-mbp-backup

> OneDrive

Activity

▶ Backup Mar 5, 2022 at 11:11 PM

✓ Backup Mar 5, 2022 at 2:59 PM

✓ Backup Mar 5, 2022 at 1:32 PM

✓ Backup Mar 5, 2022 at 11:27 AM

✓ Backup Mar 4, 2022 at 8:36 PM

✓ Backup Mar 4, 2022 at 7:32 PM

! Backup Mar 4, 2022 at 4:26 PM

✓ Backup Mar 4, 2022 at 2:39 PM

✓ Backup Mar 4, 2022 at 12:45 PM

✓ Backup Mar 4, 2022 at 10:46 AM

Load more...

Add a Storage Location:

-  Amazon Drive
-  Amazon Web Services
-  Backblaze B2
-  Dropbox
-  Filebase
-  Google Cloud
-  Google Drive
-  OneDrive
-  Polycloud
-  SharePoint
-  SFTP
-  Wasabi
-  Attached disk or network share
-  S3-Compatible Server

Cancel

Continue

View Latest Backup Record...

Show Log

-05a8a550a06b

als

uploaded 376.5 MB

Clone

“Disk cloning is the process of copying the contents of one computer hard drive to another disk ... A cloned drive can replace the original, rather than simply containing backup copies of files.” —Wikipedia

Why clone?

- » Full system backup, even hidden or in-use files
- » Quickly restore a wiped drive after a security incident or data problem
- » Quickly upgrade to a new drive

A clone is not the same as a backup!

A clone is only as up-to-date as the last time it ran

A clone does not contain multiple versions of files

A clone backs up all files on a computer





TASKS



Task Plan for "MBP to Clone"



MBP to Clone
On Reconnect: Macintosh HD → Clone

CCC will clone **Macintosh HD** to **Clone**. Only items that have been modified since the last backup task will be copied. Barring any hardware compatibility problems, **the destination volume should be bootable**.
Next Run: This task will run **the next time the source or destination disk is reattached** if both volumes are present.
Last Run: Never

SOURCE



Macintosh HD
513.37 GB used

DESTINATION



Clone
26.73 GB free

SCHEDULE



Run on disk appearance

Clone:

SafetyNet: ON

Modified and deleted files will be cached as space allows on the destination.

Email:

VOLUMES



BOOTCAMP
300 GB PCI Volume



Macintosh HD
699 GB PCI Volume



Clone
749 GB USB Volume



Fun
250 GB USB Volume

www.bombich.com

\$40 (30-day free trial)

Remember...



Backup locally & off-site



Automate

Encrypt



Inspected by No. 6

Test!

Thank you!

scott@granneman.com

granneman.com

websanity.com

Getting More From Your Mac

Security

R. Scott Granneman & Jans Carton

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Last updated 2022-03-07

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Changelog

2022-03-06 2.1: Added more info re: Dropbox & Arq/Wasabi; added burglar to reasons for backup; updated screenshots & video for Time Machine; updated screenshot for macOS Security and Privacy Guide

2021-03-31 2.0: Created presentation using slides from the original Getting More From Your Mac

Changelog

2021-03-23 1.8: Added how to copy & move files in Finder with key commands; added *Installing Software* section

2020-06-23 1.7: Added section *Get Info, Get Summary Info, & Show Inspector*; add info re: macOS 11 Big Sur; added slide listing all Apple operating systems

2019-08-16 1.6: Added Catalina for 10.15; added note that --- is not an em dash

Changelog

2017-09-20 1.5: Combined naming charts in *History*; fixed minor formatting issues; added Thank You, Scott (⌘⇧/) to *Basic Key Commands*; added Terminal commands for disclosure buttons; added Show the Finder location of a file from a dialog box; added screenshot of Finder sidebar; added command for QuickLook slideshow; added Special Info in Finder; updated Mac prices for 2019; fixed QuickLook slides

Changelog

2018-08-19 1.4: Added *File Info & Actions* section under Finder with Contextual Menus, Get Info, & Inspector; added HoudahSpot under Spotlight; added commands to open all disclosure boxes & Show Details for printing; added *File Management* section with New Folder with Selection; applied Granneman 1.4 theme; fixed minor formatting issues; added Sidebar under Components; more info on built-in security; added ⌘⌘⌘ in addition to triple-click for data detectors

Changelog

2017-09-06 1.3: Fixed formatting; in *History* & added High Sierra; in *Key Commands*, added Alfred for clipboard; added slides re: holding down `⌘` in *Open & Save*; made deleting clearer in *Movement*; added slide about drop shadows in screenshots; added huge amount about Path Finder; added slides re: Finder renaming files; added lots of examples of Spotlight searches (RIP David Bowie); added New File Menu; added `duration:`, `date:`, & much more to Spotlight

Changelog

2016-10-11 1.2: Changed Lazy is Good image; spread Automation throughout the deck; renamed *Things You're Not Doing Right* to *Finder* & added lots more; added *Spotlight* section; changed *menulets* to *status menus*; added *Quick Look*

2016-10-07 1.1: Changed theme; fixed formatting; added & changed a lot; new stuff on Finder, Printing, Key Commands, System Preferences, Tabs; added *Computer Rules* section; lots of fixes

2016-03-13 1.0: First version