Via Task Manager

1. press Ctrl+Shift+Esc.
    - or
2. Open the Task Manager by right-clicking on the taskbar and selecting "Task Manager"
    1. Click on the "Startup" tab to see a list of programs that start automatically with Windows.
        1. Disable the ones you don't need by right-clicking on them and selecting "Disable".
        2. this one is only a small potion of the auto start up tasks and may no longer work on newer windows versions

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