

Re: Seniors Need Help! Help Retrieve Deleted Excel Document

Source:

<http://www.tech-archive.net/Archive/Excel/microsoft.public.excel.newusers/2006-01/msg00628.html>

- *From:* "David McRitchie" <dmcritchie_xlmvp@xxxxxxxxxxxxx>
 - *Date:* Mon, 30 Jan 2006 23:44:00 -0500
-

Hi Alan,

I always at least try to delete so that things do not go into the Recycle bin, so I might not even think to look there, but that is the first place to look per Chip's suggestion.

It is important to maintain backup files
Backup, backup, backup, always backup your files
<http://www.mvps.org/dmcritchie/excel/backup.htm>

There are programs that may be able restore a deleted file, some are free, some are not. When you delete a file you can't really expect much, at least act surprised if you actually do retrieve your file. I have retrieved one deleted file on my HD and I was surprised. though you would have better results if you deleted from a dedicated device that you have not written to since. Like I have retrieved many files off of CompactFlash card (camera) which is not surprising because nothing was done to it after accidentally deleting, there are no files created (no temporary, no permanent files). Not that simple on a hard drive.

Related Information --- File Recovery (#relFileRecovery)
<http://www.mvps.org/dmcritchie/excel/backup.htm#relFileRecovery>
particularly the links to LockerGnome. Used to be that recovery of NTFS files was difficult to get free recovery, but I think those are covered as well. FAT is the easiest to recover.

HTH,

David McRitchie, Microsoft MVP – Excel [site changed Nov. 2001]
My Excel Pages: <http://www.mvps.org/dmcritchie/excel/excel.htm>
Search Page: <http://www.mvps.org/dmcritchie/excel/search.htm>

"Chip Pearson" <chip@xxxxxxxxxxxxx> wrote in message
news:%23fHy5fJGHA.3492@xxxxxxxxxxxxxxxxxxxxxxxxxxxxx
> Have you emptied the Recycle Bin? If not, you'll find your
> document there. Double-click on the Recycle Bin to open it. If
> you see your document there, right-click it and choose Restore.

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> It will be moved back to its original location.
>
> "Alan" <Alan@xxxxxxxxxxxxxxxxxxxxxxxxxxxx> wrote in message
> news:0B80D36E-D369-4465-BCE9-E2607921E894@xxxxxxxxxxxxxxxxxxxx
>> Hello All,
>>
>> My wife and I are seniors and we unfortunately deleted a very
>> important Excel
>> document, a spreadsheet.
>>
>> We have found software programs that will restore the document,
>> but cannot
>> afford the \$50 for just the one document.
>>
>> Is there an easier and less expensive way to retrieve this
>> document?
>>
>> Please help!
>>
>> Loretta and Alan
>
>

• **References:**

- ◆ **[Re: Seniors Need Help! Help Retrieve Deleted Excel Document](#)**
 ◇ From: Chip Pearson

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