 Paid Version - only @

Services to turn off:

Alerter

Application Management

Automatic Updates

ClipBook

Distributed Link Tracking Client

Error Reporting Service

Fast User Switching Compatibility

Messenger

Portable Media Serial Number Service

Remote Registry

Routing and Remote Access

Task Scheduler

Telnet

TPC/IP NetBIOS Helper

Uninterruptible Power Supply

Change "Recycle Bin" size to 1%

Registry Hacks:

Auto Sort Start Menu

HKEY_CURRENT_USER\Software\Microsoft\Windows\CurrentVersion\Explorer\MenuOrder
Go to Edit/Permissions, click Advanced, clear the "Inherit From Parent" check box, click Copy from the dialog box, click OK and then clear the "Full Control" for your account and now Windows will autp sort the start menu, but you can still do it too

Disable User Tracking

HKEY_CURRENT_USER\Software\Microsoft\Windows\CurrentVersion\Policies\Explorer

Add or Edit DWORD = NoInstrumentation, Value = 1

Disables Windows user tracking; better performance, much better privacy

Cache Thumbnails

HKEY_CURRENT_USER\Software\Microsoft\Windows\CurrentVersion\Explorer\Advanced

Add or Edit DWORD = DisableThumbnailCache, Value = 1

Disables thumbnails in Windows, saving hard drive space

Kill Chrashed Apps Quicker

HKEY_CURRENT_USER\Control Panel\Desktop

Add or Edit Sring = HungAppTimeout, Value = 1000-5000

Cuts time for Windows to recongize a crashed application and allow you to kill it; default is 5000(for 5 seconds)

Faster Start Menu

HKEY_CURRENT_USER\Control Panel\Desktop

Add or Edit Sring = MenuShowDelay, Value = 0 - 400

Changes the delay that for Windows to show a menu in the start menu; value is in ms

Network Intelligently

HKEY_LOCAL_MACHINE\SYSTEM\CurrentControlSet\Services\Tcpip\Parameters

Add or Edit String = DisableTaskOffload, Value = 1

Frees processor from doing network-card work

Browse the Network Faster

HKEY_LOCAL_MACHINE\SOFTWARE\Microsoft\Windows\CurrentVersion\Explorer\RemoteComputer\NameSpace Delete subkeys {2227A280-3AEA-1069-A2DE-08002B30309D} and {D6277990-4C6A-11CF-8D87-00AA0060F5BF} Speeds up network browsing of old Windows machines on the LAN by ignoring their scheduled tasks and printers

Remove Compression Option In Disk Cleanup

HKEY_LOCAL_MACHINE\SOFTWARE\Microsoft\Windows\CurrentVersion\Explorer\VolumeCaches\Compress old files Delete the Default Value Key and the next time you start Disk Cleanup, it will skip the compression analysis