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<https://www.tek-tips.com/viewthread.cfm?qid=1556279>

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<https://www.tachytelic.net/2017/10/how-to-run-a-vba-macro-when-new-mail-is-received-in-outlook/>

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**To copy Text of body:**

Public Sub SaveSelectedMailAsTxtFile()   
 Const OLTXT = 0   
  Dim currentExplorer As Explorer   
  Dim Selection As Selection   
  Dim oMail As Outlook.MailItem   
  Dim obj As Object   
  Dim sPath As String   
  Dim dtDate As Date   
  Dim sName As String

  Set currentExplorer = Application.ActiveExplorer   
    Set Selection = currentExplorer.Selection

 For Each obj In Selection   
  Set oMail = obj   
  sName = oMail.Subject   
  ReplaceCharsForFileName sName, "\_"

  dtDate = oMail.ReceivedTime   
  sName = Format(dtDate, "yyyymmdd", vbUseSystemDayOfWeek, \_   
    vbUseSystem) & Format(dtDate, "-hhnnss", \_   
    vbUseSystemDayOfWeek, vbUseSystem) & "-" & sName & ".txt"

  oMail.SaveAs "<C:\outlook backup\>" & sName, OLTXT

  Next

End Sub   
Private Sub ReplaceCharsForFileName(sName As String, \_   
  sChr As String \_   
)   
  sName = Replace(sName, "/", sChr)   
  sName = Replace(sName, "\", sChr)   
  sName = Replace(sName, ":", sChr)   
  sName = Replace(sName, "?", sChr)   
  sName = Replace(sName, Chr(34), sChr)   
  sName = Replace(sName, "<", sChr)   
  sName = Replace(sName, ">", sChr)   
  sName = Replace(sName, "|", sChr)   
End Sub

<https://social.msdn.microsoft.com/Forums/en-US/2b62acfc-98e1-4f19-85f0-d5749d241582/vba-macro-to-download-all-attachments-from-a-specific-sender-in-mailbox?forum=outlookdev>

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