## How to restore your E-mails Backup taking By MS Outlook 2013

1- Click the file menu on the top left corner in MS Outlook 2013





## 2- Click open & Export, Then Click Import/Export

3- Click Import from another program or a file, Then Next

	choose an action to perform.
RX	Export RSS Feeds to an OPML file Export to a file Import a VCARD file (.vcf)
	Import from another program or file
	Import RSS Feeds from an OPML file Import RSS Feeds from the Common Feed List
7	Description Import data from other files, such as Outlook data files (.PST) and text files.

4- Click Outlook Data Filw (.pst) Then Next



File to import	
Browse	
Options Replace duplicates with items imported Allow duplicates to be created Do not import duplicates	

5- Then browse your computer to select the backup file, Then Next

6- If you saved your backup with a password then you will be asked to enter it, then click
OK,

	Outlook Data File Password X					
	Type the password for 13122016 Backup.					
1	Password:					
	Save this password in your password list					
	OK Cancel					
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7- Finish and the restore operation will start