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What can I do to reduce the amount of spam email I get?

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1. NEVER click on an "unsubscribe" link on spam. That only serves to confirm that someone actually reads the spam they send you...and they will then sell your email address to other spammers.
2. If your email address is on your website, you might want to change to using a form mailer, for contact. Spammers harvest email addresses using a spider program. The spider searches websites and gathers any email address it can find.
3. If you participate in newsgroups / usenet, do NOT use your email address in the reply to field of your newsreader. Again, spammers harvest these groups for valid email addresses.

Also:

How do spammers harvest email addresses
<http://www.private.org.il/harvest.html>

SPAM - Munging Your Email Address
<http://members.aol.com/emailfaq/mungfaq.html>
http://www.internet-tips.net/Email/SPAM_munging.htm

How To Deal With Spam
<http://pobox.com/nospam.html>

Korean Spam Filter
<http://www.siue.edu/~jpogats/korea.html>

SPAM Tips and help
<http://spam.abuse.net/spam/userhelp/>

SpamCop
<http://spamcop.net/>

SpamCop FAQ Parsing and reporting spam
<http://spamcop.net/fom-serve/cache/16.html>

A Quick Guide to E-Mail Headers
<http://real.fissure.org/articles/headers.shtml>

Reading Email Headers
<http://www.stopspam.org/email/headers/headers.html>

Dealing With Junk Email
<http://www.jcrdesign.com/junkemaildeal.html>

The SPAM-L FAQ
<http://www.claws-and-paws.com/spam-l/index.html>