

[tasklist.org](http://tasklist.org) - A comprehensive list of processes running in your computer

Filename: GBPoll.exe

Name: GoBack Polling Service

Description: Roxio's (nee Adaptec) [GoBack](#) software which allows you to revert back to a previously working state on you hard drive if you install a new program and your system goes faulty - performing the same functions with extra features as System Restore on WinMe/XP systems. Disable before running Scandisk or Defrag. Not required for WinMe/XP users, recommended for Win9x/NT/2K users

Recommendation: User's choice - depends whether a user deems it necessary

We found that [Easy SpyRemover](#) is the most effective tool for removing this file.

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