

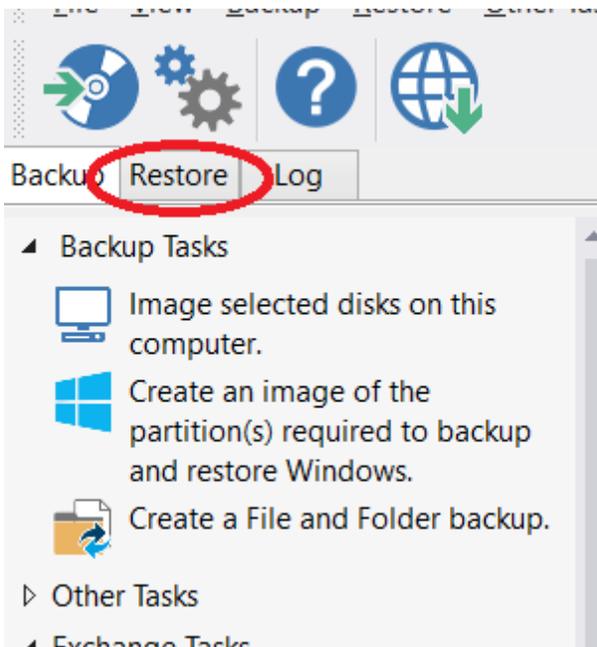
# Restoring an image from Windows

This topic is for restoring a data image. For restoring a system image see [Restoring a system image](#).

If the image contains only data, restoring it is very simple using Macrium Reflect. You can restore it back to its original location without interrupting the operating system.

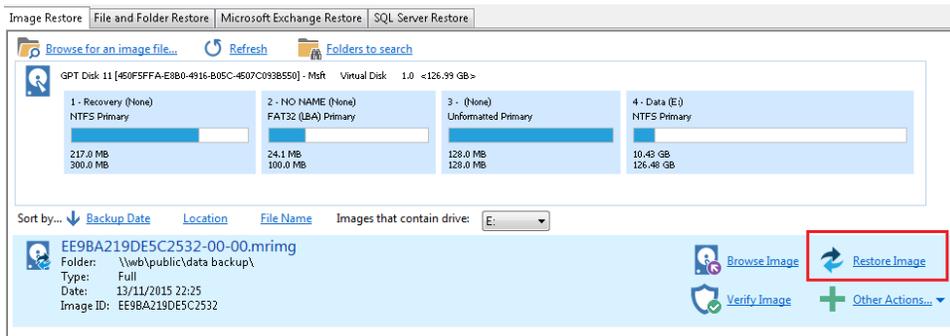
**Before you begin:** You must have a backup image of the disk ready to restore.

1. On the main screen, select **Restore**.



Backup images available to be restored are shown in the main pane.

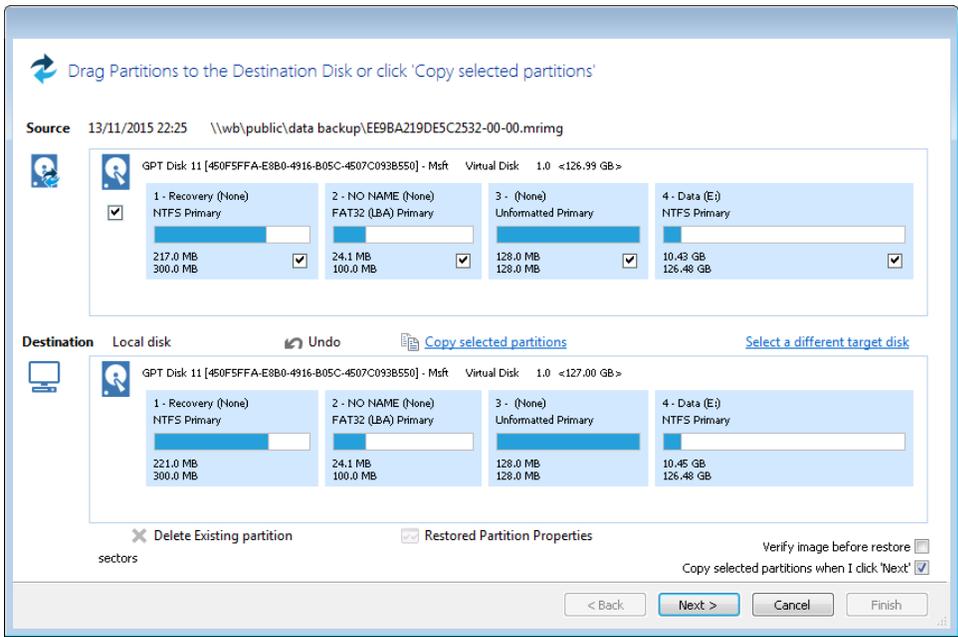
2. Select the image you wish to restore and click **Restore Image**.



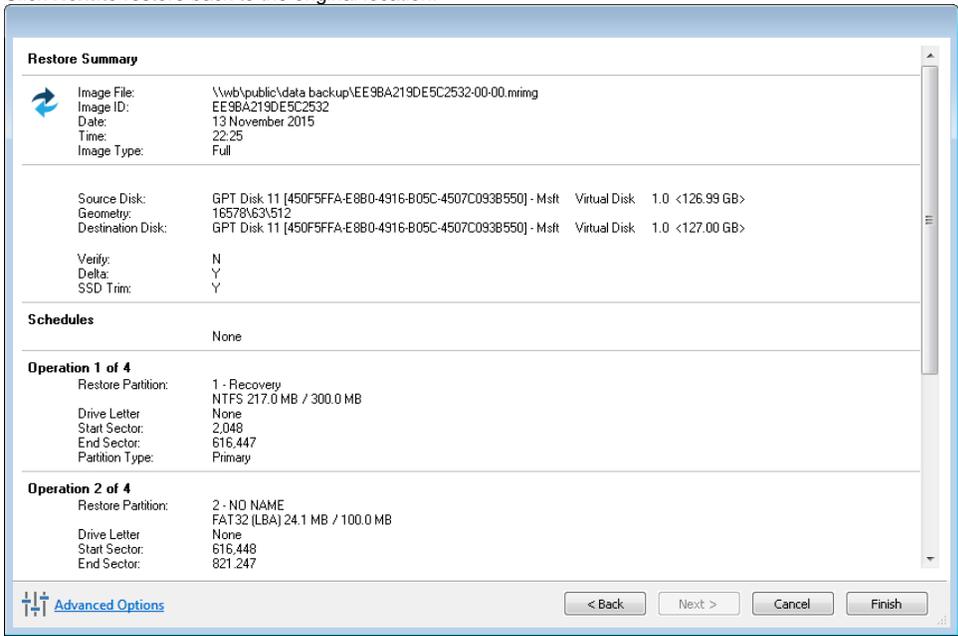
3. The next dialog gives you the opportunity to modify the destination properties.

## Moving and Resizing the restored partition

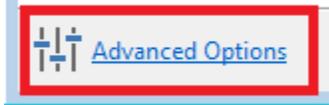
By default, partitions restore to their original locations. However, it's also possible to select a different target disk and to drag partitions to different locations and resize them to use the available space. Simply drag the source partition to any available partition or free space on the target disk. You can also delete partitions on the target disk to make space. For more destination options and further information, see [Modifying restored partition properties](#).



4. Click **Next** to restore back to the original location.



5. If required, set Advanced Options as follows:



Option	Description
<b>Rapid Delta Restore:</b>	Copy only changed data blocks to complete the restore process more quickly See: <a href="#">Rapid Delta Restore - RDR</a>
<b>SSD Trim:</b>	Enable TRIM on restore to increase of both the lifetime and the performance of the SSD. See: <a href="#">SSD Trim Support</a>
<b>Verify Image:</b>	To verify the image integrity before restoring.

<b>Master Boot Record:</b>	To replace the Master Boot Record (MBR) with the MBR from the backup. The MBR is a small program that executes when the computer starts up. If this program becomes corrupt then you can have problems starting the computer operating system.  <b>Note:</b> On modern GPT/UEFI systems this option has no effect.
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6. A summary screen is displayed confirming the choices that have been made, click **finish**.