

MacOS: clean user preferences

if you need to re-initialize the user's profile you can safely delete:

```
~/Library/Cache  
~/Library/Cookies  
~/Library/SavedApplicationState
```

then you backup and delete the content of:

```
~/Library/Preferences
```

if you need to restore some application preferences you can backup that application setting files from the copy you did earlier or if you don't need anything you can safely delete it.

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Last update: **18.03.2022 05:39**

