Exporting Gmail Contacts

You can quickly export your Gmail Contacts list into a downloadable file. Here's how:

1. Go to Google Contacts.
2. From the **More** drop-down menu, select **Export...**.
3. Choose whether to export all contacts or only one group.
4. Select the format in which you'd like to export your contacts' information. Please note, some of these formats can lose some contact information.
   - To transfer contacts between Google accounts, use the **Google CSV format**. This is the recommended way to back up your Google Contacts.
   - To transfer contacts to Outlook, Yahoo! Mail, Hotmail, or various other apps, use the **Outlook CSV format**.
   - To transfer contacts to Apple Address Book, use the **vCard format**.

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