Do you dread turning on your computer in the morning? Are you bombarded with e-mail messages hawking everything from Viagra to investment schemes? Do you spend more than an hour each day dealing with your e-mail?

You’re not alone. Last year, about 4.2 trillion e-mail messages were sent worldwide—that’s not even including ‘spam,’ or junk e-mail—up from about 400 billion in 1997, according to Framingham, Mass.-based IDC. That’s nearly 700 e-mail messages for every person in the world.

We all know the benefits of e-mail: quick communication, rapid responses and elimination of “telephone tag.” But we just get too much of it.

Take Nora Miller. The recruiting and marketing manager for law firm Gunster, Yoakley & Stewart PA took a three-day vacation and returned to find 2,050 messages sitting in her in-box.

In fact, employees spend an average of 49 minutes per day managing e-mail, according to Stamford, Conn.-based Gartner Inc.

How best to handle the daily deluge? Here’s what some local businesspeople told us:

By Robyn A. Friedman, Business Correspondent