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<https://www.bookstackapp.com/docs/admin/backup-restore/>

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```
docker compose exec -it bookstack_db bash
mysqldump -h localhost -u bookstack -p --no-tablespaces --single-transaction bookstackapp >
bookstack_backup.$(date +%Y%m%d).sql
```

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```
docker compose exec -it bookstack bash
tar -czvf bookstack-files-backup.tar.gz .env public/uploads storage/uploads themes
```

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