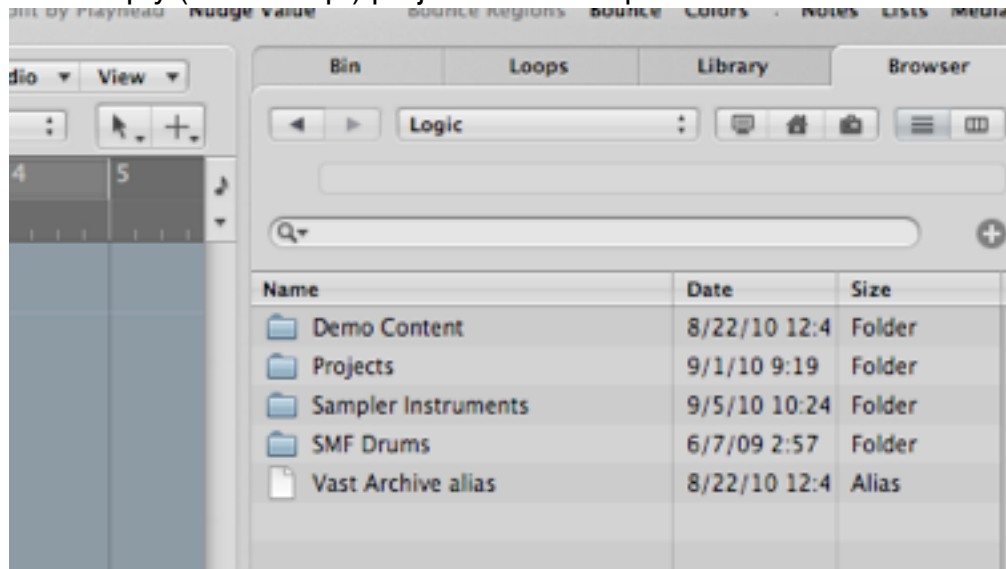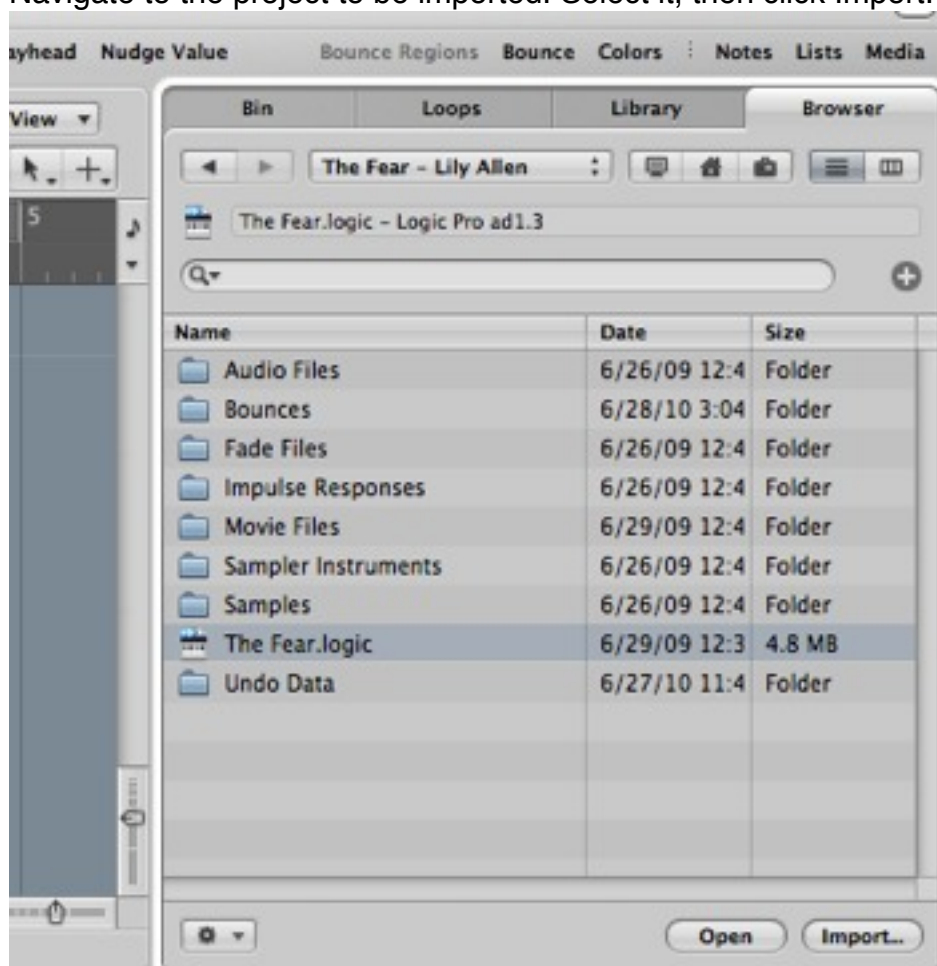New empty (non-corrupt) projects. "F" to open the Browser.
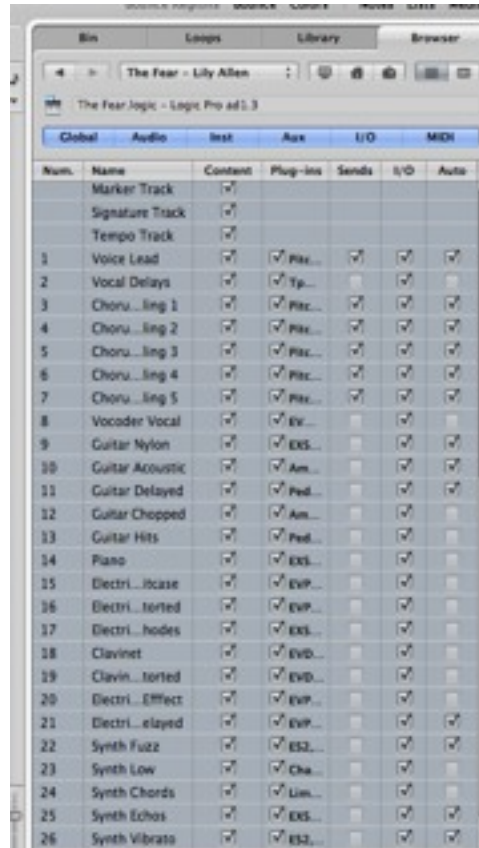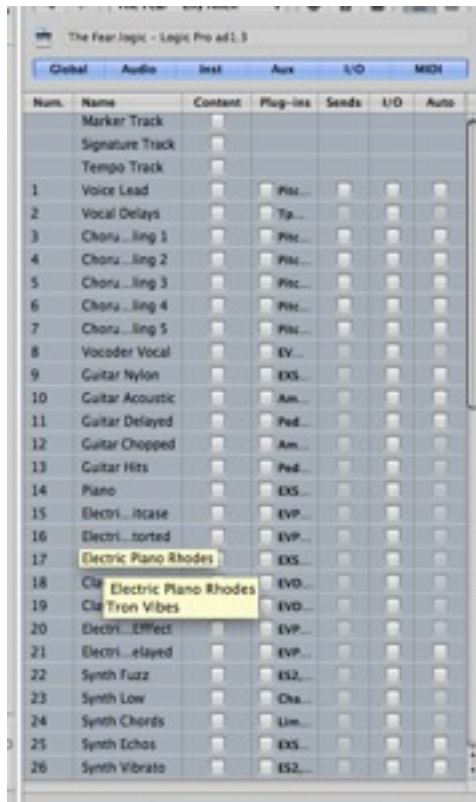

Navigate to the project to be imported. Select it, then click Import.

The Import options now appear in the empty projects Browser.
Shift-click to select all of the tracks. Then click once in each column to select items.

Click the Add button, and *all* is now in your new corruption-free project.