

Are YOU Addicted to Email?

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are YOU Addicted to Email?

By Kurt Geer

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When you walk into the office or house, do you hurry past the secretary or wife and go straight to the computer to check your email for any sales?

Is your better half clueless about what you are doing on the computer and calling it Roxanne or Richard?

Do you shake the kids off your leg and step on the dog to get to the computer?

Can't get any work done without checking your mail every 15 minutes?

Are you disappointed when your in box is empty?

"I'll be off in a few minutes" you say and an hour later you are still on.

If you are guilty of any of the above repeat after me:

I AM AN EMAIL JUNKIE and I AM ADDICTED TO EMAIL!

Say it out loud this time!

I AM AN EMAIL JUNKIE and I AM ADDICTED TO EMAIL!

You have just taken the first step on your way to recovery with Email Anonymous (EA :)

Are YOU Addicted to Email?

Unless you are making \$150 to \$300 a day you are addicted to email, and if you are you still need to do something about it. There really is no reason to be checking for a sale every 15 minutes or so. You don't need to jeopardize your relationships constantly being on the BEAST!

Here are some tips and pointers to try to ease the pain of being an email junkie.

* Take a break for a day. A whole day without the computer. If you need to plan it and then DO IT. Your business will survive and you will come back to the computer with a fresh

mind.

* Set certain times of the day to check your email – 3 times max morning, noon and night.(If you are checking every 5 minutes delay it and try to make it 10 and then 15. If you get over the first urge you can make it.)

* If you feel the urge to check your email, get up and take a break from your PC station, exercise and walk around.

* Set up your email program's filters to put your email in certain folders and systematically go through your folders 1 at a time starting with the important ones first.

* Set up your email program with your sig files, ads and other templates you use to make it easier and faster with the time you spend on reading and writing email. Make your emails short and to the point. If you do most of your marketing by email set up blocks of time to get it done.

* If you need to, completely shut off your email program when you are working on important projects. Cold Turkey is sometimes the best and quickest way to break habits. And remember, when habits hurt YOU change them.

Kurt Geer If you've been surfing 7 days, 7 months or 7 years(70 years? Your name must be Al Gore) You'll find something of value at <http://NewbiesNet.com>.

My Name Is Carol And I Am Addicted To Audio Books

By Paton Jackson

Are YOU Addicted to Email?

Hi, my name is Carol and I am addicted to audio books.

My story: I am 32 and addicted to audio books. I have been trying to cut back but I can't.

I was first introduced to audio books 12 years ago. My parents bought me a Stephen King audio book as a birthday present. It included 10 books on cassettes each 25 minutes. I finished listening to it the first night. Then, I started buying audio books for me and for each of my friend's birthdays (whether they liked audio books or not).

As times passed I moved to audio books on CDs and later on to downloadable audio books. I have known all the online audio book rental services and buying services. In fact, I had an account in most of them.

My average output was two audio books per week but I remember some weeks where I skipped sleeping and listened to up to five audio books. I purchased almost any new fiction audio book in the market.

I managed to find some free audio books but still paid a lot of money for my audio book collection.

I got addicted to the comfort of having a "miniature" book. I got addicted to the narration, the music and the sound effects.

I got addicted to the ability to listen to audio books anytime and anywhere (I remember listening to it in the bathroom and in work and in other weird places).

And then I decided to make the move. If I can't beat it, I would join it. I resigned from work and made a profession out of my hobby - I started making money out of my comprehensive knowledge of audio books.

Nowadays, I write reviews about new audio books and serve as a consultant for audio books' publishers. I am happy listening to free audio books and being paid for it (just finished listening to the last Harry Potter audio book).

Have you tried listening to audio books? Try it.

Carol told her story to Paton Jackson, the head of 911 corp. We have made a comprehensive research about audio books. Let us share with you our findings - the best audio books sources, titles and much more audio book information only on the audio book bible –

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