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

Avoid the Pitfalls of Too Much & Too Little

By M. LaVora Perry

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In my monthly newsletter I always include book promotion and publication tips for writers. As we enter a new year, my tip is Take Good Care of Yourself and the Ones You Love. I just got over a 4 week bout of the energy-zapping flu, which is why my most recent newsletter, that included information about an imminent radio appearance I was making, went out the day before that appearance.

I am sure my illness was the result of a year of "too little and too much." Too little sleep, too little exercise, too few vegetables and fruits, too little water and too little meaningful down time with loved ones and myself. Too much red meat, too much sugar, too many refined carbohydrates, too much time on my butt in front of a computer monitor, too much worrying instead of praying.

I appreciate myself for putting the effort I have into the success of my children's book Taneesha's Treasures of the Heart—my work is paying off wonderfully. As a result of that work the book is going into its third printing and has received national and international reviews and orders.

Now, for the coming year, I believe my body is telling me I must polish my life-balancing skills. So, towards the end of a day that began with an hour of prayer and a medical check-up (which included a remark from the doc that he would never have thought I was as old as I am—who doesn't want to hear that?) and to compliment a week that has started off with brisk 40 minute power-walks outside (I love feeling the ground beneath my feet and breathing fresh air!), I have just briefly returned to the monitor after picking up my children from an after school. I may hit the treadmill (which I like a lot less than being outside, but it works) and spend some time with my family—perhaps making pretzels.

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My oldest found a recipe on the Web. I insisted on whole wheat flour—telling her they will taste just as good. Pretzels must come after she and her brother's home work and violin lessons have been completed. But dinner is in the oven, which, if you know me at all, is a major feat all by itself. In any case, pretzels or no, I'm spending the rest of this day with the ones who make my heart smile.

Speaking of which, a big smooch to my husband for stopping home for lunch and filling up my gas tank—literally. I'm not speaking in some type of romantic code here. The minivan was on "E"—I was living on the edge as usual. And props to my parents for helping to fill in the gaps to support my work as an author—I am truly blessed with the best family in the world.

Here's to health, happiness, peace, love and endless hope throughout the year,

LaVora

In 1995 M. LaVora Perry became the first African–American card writer in the world's largest publicly–owned greeting card company—American Greetings. Her words have appeared on gift items on three continents. She is the author of the children's book Taneesha's Treasures of the Heart and the free children's e–book, Wu–lung and I–lung, which is available for immediate viewing from her Web site. She can be reached at lavora@fortunechildbooks.com.

Make Money From Google Or Yahoo. P/T

By Conrad Sear

This is how I make money part time. I created my own network over the course of 6 months. Creating web site after web site. On each one of these web sites I add advertising. Small unobtrusive ads. I add banners from affiliates & traffic programs & viral programs.

It all sounds simple so far, right?

Well, it is. Until you go to your accounts & check for balances. You find you are not making what you thought you would. You may even say "why did I bother."

This is all okay. We all go through this. This is the learn curve. Easy money really only comes after you have the knowledge & experience. Stumble 100 times, hit the big one once.

This is how it worked for me. Follow some rules & facts.

Facts:

1. websites take time to build popularity by search engines.
2. you must Search engine optimize your keywords & content.
3. read, study, learn from others.
4. you don't have to spend a lot of money on promotion.
5. find solid proven programs to build from first, then add your ideas & make it more of your own.
6. most everything is free on the internet, find it!

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Rules:

1. The web doesn't care who you are! 2. Search engines only care about the balance between content, keywords, link popularity, traffic, and relevance. 3. 80% of your traffic will come from search engines. 4. it's a numbers game. The more traffic to your site the more likely to convert sales, clicks, & sell advertising space. 5. MORE IS BETTER. Make multiple web sites. Have lot's of content. Link to thousands of sites.

Take all of this & go sign up for Google Adsense & Yahoo Publisher and anyone else you can. You should have multiple rivers of revenue. DON'T put all your eggs in one basket. Having multiple AD revenues will greatly expand your base.

Google pays best right now. Yahoo is good. Affiliate programs are subjective. You must fine tune & match relevant content. But they work.

These are the basics. Now go out there & find your niche. Over time you will have built a tiny empire.

Conrad Sear has been a web developer for 14 years. He now manages a startup SEO company called

. Their growing list of clients are all making to the top with his guidance.

Samples—(

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