

Before you delete, please read!

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Before you delete, please read!**

**By Jullianne Whitney**

**Before you delete, please read! by Jullianne Whitney**

Let's face it, your email box is flooding over with oodles of email. Some of it makes you wonder where on God's green earth did this crap come from right?

You're not alone. Thousands are suffering from that dreaded 4 letter word called s-p-a-m! It is becoming more difficult to distinguish between unsolicited email and those you requested to receive. But what about these ezines and newsletters you're receiving? Do you consider them garbage? We, as Publishers, sure hope not!

Here's a valuable piece of advice:  
Before you delete, please read!

You see, many ezine Publishers have already been down the road you're travelling. They have made the same mistakes and have overcome most obstacles cluttering the Internet highway. Most of these Publishers have something to tell you, but, how many of you are actually listening?

In addition to providing the resources, e-courses, tutorials, and literature to help you achieve success through Internet marketing, a good Publisher will provide you with support.

Don't be afraid to contact a Publisher with your questions or comments. In fact, most rely on your input and value your feedback. Interact with your Publisher and you'll be pleasantly surprised to find a real human behind that issue!

Whether you subscribed through a recommendation, a website you visited, or through Ezine Co-Ops, you're

Before you delete, please read!

bound to find some ezines are worth reading from start to finish. There's a wealth of information, and many hidden strategies, free downloads, and links to resources you may not have known exist.

A lot of time and research goes in to many of these publications, so, use caution before pressing the delete key.

You may be missing something you've been looking for!

## **E-mail SPAM: What's The Big Deal?**

**By Dean Phillips**

### **E-mail SPAM: What's The Big Deal? by Dean Phillips**

It absolutely amazes me how many people over-react to receiving e-mail SPAM.

What is this obsession...this preoccupation with SPAM?

Where are our priorities?

When it comes to SPAM, many of us are ready to support the severest anti-SPAM legislation. Yes, we want to lock up all the spammers and throw away the key! Haven't we learned by now that inviting the government to get involved with anything is a recipe for disaster?

I personally receive a couple hundred e-mails every single day. Approximately half of that is SPAM. Want to know how I deal with the problem? I hit the "delete" button and just like that, no more SPAM!

And since I have high-speed cable access, it literally only takes me a few minutes to make a hundred uninvited SPAM guests disappear. No problem!

I don't let SPAM annoy me or upset me. And I certainly don't let it ruin my day.

When you let SPAM annoy or upset you, all you're doing is letting the spammers win. However, when you use the delete button, you win! You've got the power to delete. Why not use it?

What's so hard about doing that? It's certainly a lot easier on your emotional well-being than getting upset over the situation.

Simply view SPAM as one of those minor annoyances of every day life—like reality television shows, and learn to treat it as such!

Before you delete, please read!

Dean Phillips is an Internet marketing expert, writer, publisher and entrepreneur. Questions? Comments? Dean can be reached at mailto: dean@lets-make-money.net Visit his website at: <http://www.lets-make-money.net>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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