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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!**

Can We Talk?

By Jane Fulton

Can We Talk?

by: **Jane Fulton**

What is a chat room?

Let's go to an established chat room for our first visit — Yahoo Chat. Go to

<http://www.yahoo.com>

After

the home page loads, click on the 'chat' link, at the left side of the page right by Connect.

You will then be asked to enter your Yahoo ID and Password. The chat room will then begin to load.

It's fun to chat but beware, Chat Rooms Can Be Addictive!!

If you find that you truly enjoy the chat rooms, limit yourself to one or two hours per day at them.

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If you like this article, then subscribe to her newsletters:

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Ten Fatal Flaws Frequently Found from the Podium

By Sandra Schrift

1. No clear purpose for the presentation. What is the point and focus of the speech?
2. Not starting and stopping on time. Be flexible and be able to cut the talk short if asked. Be in control.
4. Not knowing the audience. Make sure you know what the audience expects.
8. Not knowing when to stop. Too much information can not be absorbed by the audience.

www.schrift.com/monday.htm

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. Thank you.

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