

Extreme Traffic = Extreme Profit. Here's how to do it FREE!

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By Terry Telford

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Whether you have just completed your first site, or you've had a site for years, you need traffic. It's no secret, Extreme Traffic = Extreme Profit. So how do you achieve Extreme Traffic? Well, it would be nice to tell you that it is simple, but lets get serious. If you operate a website for profit, it is a business, your business. Whether you are online or offline, your business requires time and/or money.

Offline, your business requires both time and money. Online, you can choose between investing time, money, or both. The goal of this article is to show you how to get Extreme Traffic to your site for FREE.

So what's the catch? There is none. Once you have decided to get FREE traffic for your site, you have decided to invest time instead of money. This is nothing to feel 'cheap' about. Your time is valuable and you are investing it in your business. So lets get started.

NOTE: This system may sound complicated at first, but I have included a link to my online, step-by-step instruction manual at the end of this article. It is extremely user friendly and it's FREE, of course.

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In order to get FREE traffic, you need to build a FREE advertising machine. This will take a few hours, but your rewards far out weigh the time you will invest in building your machine. In the future, you want to spend less time maintaining, updating, and marketing your products and more time at the beach. So you need to build an advertising machine that works on the same principle as an airplane. You use 75% of your energy to take off and 25% of your energy to maintain your altitude. So your advertising machine will be built as a perpetual motion, non-stop, self-replicating

advertising beast.

Here's the nuts and bolts for the machine. First, you set up a website rotator. This is a special type of site that rotates a number of offers or opportunities so that each time it is visited, it displays a new opportunity. Let's take a quick look at how this works. Visitor #1 comes to your rotator site and sees opportunity #1. Visitor #2 comes to your rotator site and sees opportunity #2. Visitor #1 comes back for another visit and sees opportunity #3. Get the picture? The secret to getting this system to generate leads is what you are advertising in your rotator.

Here's what you need. In your rotator, you have a program that captures leads by the thousands. It is a self-replicating program that generates non-stop leads for you 24/7. The program is the key to the traffic explosion at your main site.

Here's how the program works. First you sign up for hits for clicks exchange programs. These programs give you FREE hits to your site for setting up your start page to their site. This is not the home page to your website, but the start page to your web browser. If you just signed up for one, you would keep hitting the same surfers over and over, so you sign up for 10-20 and rotate them in your browser. The rotator code is located in the instruction manual link at the bottom of this page.

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Next you sign up for FREE banner exchange programs. The banner exchanges run off the program you have loaded in your opportunity rotator, not on your main site. If you ran all the banners on your main site, you would end up with a banner farm and no space to sell your products.

Now you want to sign up for FREE exit exchanges. Exit exchanges trade you fresh hits for your site when you display their ad to the visitors that are leaving your site. This is totally FREE traffic. This is one of the keys to making this system self-replicating.

Then you sign up for FREE advertising sites. Individually, each site will get you a few hits per

day, but if you plug them into each other, they become a nice little traffic generator that will send you hundreds and on good days, thousands of hits.

And finally you want to sign up for a FREE mailing list development program to feed you thousands of leads daily. This is not a safe-list. This is your own, private opt-in list that you can advertise any product you like. This list is worth gold and will make you hundreds of thousands of dollars over the next few months and years.

Now the secret is to plug all these systems and programs in to each other. Individually, each program works well and generates leads for you, but when they are plugged into each other and functioning together as a well oiled machine, you have a lead generator that just won't stop.

Does this all sound complicated? Are you a bit confused as to where to start looking for all of this information? Not to worry. I've simplified the whole process for you. You can find everything you need to know about setting up this system in an extremely user friendly, 12 step instruction manual. You can access the manual at: <http://10000hits.net/promo/introduction.asp?userid=95725> and it's FREE, of course!

I wish you much success in all of your marketing endeavours. My virtual office door is always open so please contact me

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if I can be of any assistance with your marketing.

Create More Happiness–Practise Extreme Self–Care

By Lisa Branigan

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EXTREME is not a term usually connected to self–care. Self–care usually portrays a picture of gentleness, kindness, loving self or being nurturing. People don't consider it necessary to take extreme action when it comes to self–care. Why?

First the word extreme is often only associated with dangerous sports or foolish actions when in reality it relates to any area where you try something new or push your personal limits to experience the fullness of life.

Second, most of us don't know what self–care is really like or we may feel we will begin practising self–care when we have enough material security that allows us time to be so indulgent. You put your needs second for many years and then if and when the time comes you may not know how to do it because you haven't developed the habit of self–care.

In reality practising extreme self–care actually produces more time, space and money in our lives. When we truly care for our own needs first, we build a reserve of energy and resources that enables us to sustain extreme self–care in our own life with enough left over to care for others.

I challenge you to choose one thing this week that demonstrates extreme self–care in your life. (Have a massage, read a book, get a house cleaner, do your favourite whimsical thing, have a check up at the dentist, stretch, say no). Notice the happiness, energy and well being you create by practising extreme self–care.

Lisa Branigan is a Stress and Energy Life Coach working with busy women who are stressed, tired and overwhelmed. Her coaching sessions provide women the necessary support, encouragement and understanding needed to create changes and bring balance to their life and health. Lisa is the publisher of "Life Solutions" a free monthly e–zine providing tips and information on self–care and wellbeing for women. Visit Lisa at www.quantumcoaching.com.au

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