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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!

Getting Started Again

By Jennifer Lester

Getting Started Again by Jennifer Lester

Dear Jen,

I am a 31 year old woman and haven't dated in 3 years. I went through a bad break-up and haven't been the same since. How would you suggest I get started?

Signed,

Broken but Mending

Dear Broken and Mending,

Let me start by saying I am sorry to hear about the pain you have had. As they say, "time heals all wounds". I would normally advise anyone to take their time to work on themselves first. Before you dive into the dating pool again, you need to be certain that you are feeling good about yourself and are really ready to share yourself with another person. If you feel you are ready now, then an online dating service is a great way to start. An online dating service will give you a chance to set your own pace. Start by looking over some of the personals already posted. This will give you a good idea on how to write your own. Remember, confidence without arrogance is one of the most attractive traits a person can have. Humor keeps them coming. Combine the two and you will have a winning personals ad of your own. Be sure that you stay honest with yourself and your prospective match. Honesty leads to a better relationship and fewer heartbreaks. After all, when you are dating, the real you comes out sooner or later, why not allow someone to fall in love the real you first instead of a persona you have created. Don't forget to check out my "6 Simple Rules of Internet Dating". Never let fear of another heartbreak guide you in your quest. As I have always said: "A risk not taken is a joy not found!"

Jennifer Lester is an online dating expert who offers her advice and guidance through the world of online dating at her website: <http://www.lovepersonally.com> - The tour guide to your online dating experience.

Getting Started to Get Started

Getting Started Again

By Alan Huff

So you want to make it BIG online? You want to start an internet business. You register your domain, sign up with a hosting company, design or pay to have a website designed, go live online, and bingo, the money will soon start rolling in, right? Wrong (unless you have a 'lucky' horseshoe J).

That's basically how I started my own internet business but, I soon realized that much more is involved if you want to stand a chance at succeeding online. There are no 'secret' formulas to success. If you know of one which really works, please send it to me J.

You must know how to do business online., and in order to that, you need to learn how. I know you don't have time to learn, however, if really want to do it right, you'll take the time.

Do yourself a favor. Before you start an internet business, read articles, ezines, ebooks, etc., written by those who have already made it. Write a marketing plan (sound familiar?), plan your website design and layout and content.

Bottom line; before you start an internet business, learn how to. You don't have to do it the 'hard' way.

Focus on getting started to get started.

Alan

Alan Huff is the founder and president of

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You can contact Alan at

Getting Started to Get Started

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