

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!**

**How do you Cope?**

**By David Wakerley**

**How do you Cope? by David Wakerley**

A few years ago, before the bubble burst on internet stocks, the chairman of the Federal Reserve, Alan Greenspan lost money on his personal investments because he 'didn't understand this new economy'.

Question: Are you coping on the internet and with all its changes and challenges?

1. Balance is the key

If you find the internet stressful and feel like you are being left behind, make sure that you have a 'slow-change' area of your life. Golf, a book, gardening are ways to stabilise your personal life which helps to integrate change without stress overload.

2. Think of the Future

Set a goal in your head to where you want to be in five years. This can put everything in perspective as you see your online business over time growing and your knowledge expanding. Realize that God wants everything you put your hand to, to succeed. So walk on in the confidence that you can meet any challenge.

3. What to do now

Explore new partnerships and alliances with other similar minded people. Most people would be happy and willing to swap ezine articles, ad space, hints and tips. The marketing 'guru' may be out of your reach but there are plenty of people that are just

## How do you Cope?

starting out. Remember there tens of thousands of people joining the Internet every day. Many of them are aware of, or have been stung by, one of the numerous Internet scams. Most have been disillusioned by hyped money-making schemes. The only way to overcome this obstacle is to build credibility. This takes time and effort, but it is the key to long-term success in Internet business.

David Wakerley is the editor of "eAbundance Marketing," that exists to empower online marketers to

succeed through Bible based Marketing Principles and explosive marketing tips. Subscribe now at <http://www.financial-abundance.com> Or <mailto:eabundancemarketing@xlresponder.com>

### **Lifetime Email Addresses part 2**

**By stephen Cope**

#### **Lifetime Email Addresses part 2 by stephen Cope**

As discussed in a previous article the best way of having a lifetime email address is to register your own domain name. Here we are going to look in more detail at domain names and how to choose one.

#### Domain Names

A domain name is in effect an address. It can be the address of a web site and can also be the address of a mailbox. The email address has the general form mailbox@domain2.domain1

mailbox= name of mailbox e.g billg, billc

domain2= 2nd level domain IBM, Microsoft, Dell

domain1= tld e.g com, mil, gov

When it comes to choosing a domain name then you are limited in the choice for the Top level domain (domain1) as they are pre-assigned by the Internet authorities. However you have complete choice over the second level (domain2) or third level domains; the only restriction is that no one else has already chosen it.

#### Choosing a Domain Name

##### Choosing a TLD

The first step is choosing a tld (top level domain). A complete list of available Tlds is given at <http://www.techdictionary.com/domainlist.html>, but the most common ones are .com, .org, .net, .info and .country (i.e. uk, de etc) The Internet authorities have already pre-assigned a domain name for use by individuals -- .name. Here we are going to concentrate on using the .name tld. However, just because the .name tld is specially meant for individuals it doesn't mean that an individual cannot use any of the other Tlds.

## How do you Cope?

### Choosing a second level domain name

Ok. Top level tld chosen = .name. The next step is to choose the second level. The .name tld was previously (pre January 2004) only available as a third level domain. That is, you couldn't register cope.name but had to register steve.cope.name. Since January 2004 you can register either. You may find that some registrars still only allow third level registrations.

### Choose second or third level domain name

Always when possible go for a second level domain name as it makes your address shorter and easier to use. Therefore, I would prefer to register cope.name rather than steve.cope.name. In the example given cope.name is actually already registered and so I can't use it, but currently steve.cope.name is available. What do I do? Well lets look at what my email addresses would look like in each case.

### Email addresses

If I could register the second level name of cope.name then I could assign my own email addresses to

my family members as follows:

mom@cope.name

dad@cope.name

firstchild@cope.name

If I registered the third level name of steve.cope.name then I could assign my own email addresses to my family members as follows:

mom@steve.cope.name

dad@steve.cope.name

firstchild@steve.cope.name

I think the above example makes it easy to see why cope.name is the best choice.

Which one?

In my case I don't like to use the third level of steve.cope.name and so I would look for an alternate second level variation of cope that was available like Scope,cope-uk, Tipton-Cope, Cope-kavas or Cope-family etc.

Part 3 will look at how to find a registrar and registering a domain name.

Part 3 of

Part 1 of

Stephen Cope is a freelance trainer and the Webmaster at –

and

.

How do you Cope?



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!**