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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Living Virtually: Missing Reality

By Dorree Lynn

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I have a dear friend, Diana whom I used to meet for lunch quite often. Lately work has had her traveling between three cities. I miss her terribly. I also have another close friend, Josh who used to live in my city. Josh and his wife now live in another state and Josh and I frequently communicate by e-mail. Both of these relationships have evolved into virtual friendships. These electronically based friendships have become remarkably frank, candid and even loving connections. I still love the people, but I am starting to hate our connection.

I understand that the net has many positive aspects. One of them is the ability to communicate quickly across territorial boundaries and to connect with friends and family all over the world. I like e-mailing my children when I know it is too late to call them knowing that when they awaken they will have a "letter" from mom. I like knowing I can contact my husband, or he me, if we are apart. I like all the information I can disseminate and find so very quickly. I like the easy sense of camaraderie and community I have with colleagues who belong to the same organizations that I do or who live far away. There are all kinds of things I like about the net.

Truth be told, I dislike aspects of the net and especially e-mail more than I like it. I hate the disembodied exchanges between souls who once maintained a real life basis for trust, anger, joy and love. I miss the intimate inflections of real voices during conversations, or seeing the expressive hand gestures that belong to one of my kids. I miss the sound of a friend's voice over the phone as we type more and talk less. I hate the massive amounts of thoughtless mail that clog my screen just because someone couldn't sleep and decided to send everyone in their address book a tasteless joke. I am impatient with all the petitions I am asked to sign, and the spam mail that I get. I miss going to the library as often as I once did and having the librarian introduce me to an unexpected reading treasure. Mostly though, I am sad because I know that soon, many people will barely know the difference between a virtual and a real connection. I don't want to become one of them.

I am a modern woman with a traditionalist's soul. I am old enough to remember the sound of the dairy truck as its clinking glass bottles announced the new day's dairy delivery. I have an even more poignant memory of the day I realized that milk had become homogenized as well as pasteurized.

Young as I was, I knew then, that though my children would, hear, taste, feel and experience life in ways as yet unimaginable to me, they would never know the joy of sticking their finger down the narrow neck of the glass bottle to taste the cream on the top when their mother wasn't looking. In fact, they probably would never know the taste of genuine fresh cream.

Life moves on, and I have moved with it; part of a virtual world. I use the web and I live on e-mail far too much. Yes, writing a book is easier in a document than on a typewriter. And, I know good marriages that started with innocent e-mails. I know that technology is shrinking our world in ways that are more positive than not. Still, I miss Diana and Josh. Our virtual connection allows us to say things we might not ever feel free enough to say in person. E-mail does keep us connected, but deep down, I miss the easy laughter and the touch of both. The essence of each of them is no longer in my life. When I let myself think about that, I miss the reality of what we used to have.

Life is too hard to do alone,

Dr. D.

Dorree Lynn, PH.D.

Dr. Dorree Lynn is co-founder of the Institute for the Advanced Study of Psychotherapy and a practicing clinician in New York and Washington, DC. Dr. Lynn served on the executive board of the American Academy of Psychotherapists and she is on the editorial board of their publication, *Voices*. She is also a regular columnist for the Washington, DC newspaper, *The Georgetown*. Dr. Lynn is a noted speaker and well known on the lecture circuit.

WHEN MY DREAM BECAME REALITY!

By Rachel Burd of the High Yield Team

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Rachel Burd

Like most women, I was living a life where work was all-consuming and leisure was a fleeting daydream. Between business phone calls, I would silently wonder if my future is destined to be this way. Why do I work so hard and see little financial benefit from my efforts? If only I could be . . .

If only I could be RICH was the word that ended that last thought. What am I doing wrong? After all, I'm an educated, honest, and intelligent woman, but the lifestyle I dream of living had not materialized. Now into my forties, I felt that twinge of jealousy when I read about people who were living life most of us desire. It was hard to quiet the repeating question in my mind. What about me?

Then one day, I decided to take a chance. I'm not one to take chances, but something about this story

seemed different. I cautiously called the listed phone number. I knew there would be an investment, but it was about time that I invested in me. As women, we have no problems investing substantial amounts to better our children, and our husbands. Then why did I hesitate to invest in my wants? Maybe it is my upbringing, or years of programming. You know that persistent thought; what you dream is beyond your reach, go back to work. This day, I made the decision to invest in my dreams. Then it happened!

I made \$1,000.00 in one day. I really did it! It was no longer an unattainable goal! That was the day my dream became real. A victory was won! That's when I realized, my current job offered me no victories. It was routine! There were no pats on the back, no one to share my victory. I was where you are today.

Don't let your present life distract you from your dream; a dream that can become reality. I now travel to those exotic images in my past daydreams. What you dream can be what you achieve. What was I missing? People who believe in themselves, also believed in me. That's why I now lead the

One phone call could change your life. That's how I got started. I wasn't afraid to listen because I knew something was missing, and just maybe I would find it! I've made this job my life, and I want to help others achieve their goals. I'm a real person, just like you and enjoy speaking with those who are ready to experience the excitement of travel and wealth. I live in Las Vegas, and talk with those all over the country. Your first step is to dial this number (702) 434-3322.

Come learn and share your victories with Rachel Burd, living in Las Vegas, leading the High Yield Team. If you want something, you've never had, then you must do something you've never done! Make the call!

WHEN MY DREAM BECAME REALITY!

The Manifestation Delay

Your Child Is Missing

I'll Win It For You

The Best-Kept Secrets In Child Protection

Obesity and Weight Loss

Newbie's Guide to Stop Spam

The First and Second Adam

Build Your Own Mail Order Empire

Paylocker Pro



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