

"Secrets To Secure Email!"

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"Secrets To Secure Email!"

By A.T.Rendon

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Is there such a thing as "Secure Email"?

We can break it down into two main parts.

First, as any of you that have been online for a while as I have, over eight years this month, you have no doubt shared your email address with other people on the Internet.

Every single time you send an email message to anyone, your email address is made available to that person. Otherwise, how else can they reply to your email message?

Unless, of course, you are a spammer using stealth email software to hide your identity and real email address and domain of origin of your messages.

That is a whole different type of problem.

And how many times have you been requested to enter your email address at a web site?

Once you press submit, there is no way of really knowing who will end up with your email address and how it is that they plan to use it.

No matter what the web site's "Privacy Policy" might state, you can never be certain how they

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will use your email address information.

The fact that I have used the same email address for so many years and use it on my web site as a way for people to contact me, means that my address exists on every Spam disk or CD that is currently for sale on the Internet.

We are all vulnerable to this sort of abuse. But there is indeed such a thing as "Secure Email".

One of the best ways to control spam is to make use

of the FREE email forwarding service known as Spam Gourmet.

Visit this FREE service at:

<http://www.spamgourmet.com/>

With Spam Gourmet, after you save and confirm the email address where you'd like to receive messages, you can give out self-destructing disposable email addresses whenever you want as follows:

someword.x.user@spamgourmet.com

where someword is a word you haven't used before, x is the number of email messages you want to receive at the address (up to 20), and user is your username.

If you receive more than 20 emails to that address from the same sender, their email gets tossed into the trash automatically.

This gives you a chance to establish real email contacts from people you want to correspond with and then transfer them to your real email address while eliminating all spam.

But, having a "Secure Email Address" is just one aspect of secure email.

The other part of "Secure Email" that is really important is the ability to be able to send someone an email message without the fear that what you have written in the message will be exposed to unauthorized people.

For most of us, we could care less if what we write in an email

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message manages to end up getting posted on a web site.

For those of us wishing to conduct business online, that might turn out to be a blessing in the form of free advertising.

But how many times have you been warned NEVER to send your credit card number and expiration date to a vendor via email?

The reason for that warning is simple; email messages can be read by anyone with access to a computer that is acting as a server.

Since your email message, and that of everyone else, must pass from one server to another to finally reach the intended recipient, that message can be intercepted at any of those servers through which it must pass.

Your personal message to a loved one can become a public document on the Internet thus exposing your inner most feelings and intimate thoughts.

Emailing a co-worker about sensitive business information can fall into the hands of someone friendly with your competition. Those sales projections or notes on a new client could easily be turned against you.

That would be truly unfortunate since the technology already exists for making your email messages secure.

The best solution is that of email encryption.

There are many email encryption options which are available to the average Internet user and many of these options are FREE to use. Not bad for getting that James Bondish feeling.

Perhaps the best of these options is a software program called Pretty Good Privacy, PGP. It is free to use and to distribute and has been around longer than I have been on the Internet, since 1991.

"PGP® or Pretty Good Privacy® is a powerful cryptographic product family that enables people to securely exchange messages, and to secure files, disk volumes and network connections with both privacy and strong authentication."

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PGP is Freeware.

Download your FREE copy of this software at:

<http://www.pgpi.org/>

Another solution is the Secure Multipurpose Internet Mail Extensions, S/MIME protocol, an industry standard supported by almost all of the latest email programs and web browsers, including Microsoft and Netscape.

S/MIME incorporates Digital Certificates, which authenticate the identity of an email sender and receiver, verify the integrity of a message and ensures the privacy of the content.

It only takes a few minutes to get a Digital Certificate in order to secure your email. However, it does cost \$ 14.95 per year to maintain the certificate. You can try it for 60 days FREE at:

We managed to find several, completely "FREE Secure Email Services", that we have compiled in a list via Auto-Responder at: mailto:secure_email@emailexchange.org

Another excellent FREE source of Privacy info is The Electronic Privacy Information Center, EPIC. They offer an online guide that shows users how to get PGP and other encryption programs as well as how to surf anonymously and dealing with cookies.

The EPIC guide also shows users how to download PGP via email: You just send a request to <mailto:ftp-request@netcom.com> with the Subject line "SEND mpj/getpgp.asc."

You can access their FREE Resources at:

<http://www.epic.org/privacyools.html>

Most of us can not see the need for secure email.

But it is important to consider in this day and age where your email can be read by unintended people and it is certainly a cure for identity theft which can harm your peace of mind and also your pocket book.

A.T.Rendon is an entrepreneur and published writer. Subscribe to FREE Business Classifieds Newsletter & receive FREE online access to our PasswordProtected "FREE Submit To Over 2.7 MILLION FREE Ad Sites!" mailto:subscribe_fbcn9@emailexchange.org Visit us at: <http://emailexchange.org/?Articles>

Secrets We Keep From Those We Love

By Timothy Cole

Everyone keeps a few secrets from a husband or wife, boyfriend and girlfriend. And people keep their secrets for a lot of reasons. Often people are embarrassed or they are fearful of a partner's hostility or possible rejection.

And research shows that it is in one's best interest to keep some things private, especially when partners or spouses are likely to respond poorly to the truth. Being rejected, scorned, or stigmatized does not help any one work through a serious issue.

But, keeping secrets can also be harmful.

Keeping secrets often prevents people from dealing with the problem at hand. Keeping secrets leads to increased stress, anxiety, and it often makes people think about the issue (event or topic) more frequently.

For instance, people who have a secret crush on someone often dwell on their feelings more than people who are able to talk about their feelings out in the open. More often than not, keeping something secret makes it seem more important than it really is.

Likewise, revealing secrets is very helpful when it is done right; that is, in a safe, non-judgmental environment. Revealing secrets can reduce stress, it helps people let go of an issue and think about it more clearly.

If a secret is bothering you, it really does help to get it out – as long people don't respond negatively or use the information against you.

In fact, research shows that the simple task of writing down a secret, even if no one ever reads it, makes people feel better. Writing a secret down reduces stress – it is cathartic.

With this in mind, we have created a place where people can anonymously reveal the secrets they keep. Maybe you will find that letting go of one of your own secrets is helpful and not so embarrassing after all.

Article by Timothy Cole, PhD. Take a look at the secrets people keep from their romantic partners at

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