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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!

The Hoax Was On Me

By Ron Kimball

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As an e-zine publisher, you strive to do the right thing by your subscribers.

When you find an interesting link, you pass it on. When you write or read an informative article, you print it. When you get a piece of information that could benefit your readers, naturally you make it known to them.

But, sometimes the inevitable happens and the percentages of good/bad information catch up to you.

They did for me.

Recently, I fell prey to a *deadly virus* hoax.

It was sent to me by a credible source and I sent it to my subscriber list via my list server.

These types of hoaxes serve no purpose except to confuse and confound people, causing only worry.

Of course, they can perpetuate themselves in the form of emails that are sent in REPLY from

unsuspecting readers. They click on their REPLY button and then hit SEND and emails begin to do the *Hippy Hippy Shake* and bounce repeatedly from one email box to the next.

I'm not sure of the extent of the bounced emails or if any damage occurred but I know it caused a ruckus. I received minimal comments chastising my action, although, in retrospect, I probably deserved more.

I sent out an apology to list members after

discovering my blunder. Surprisingly, the reactions were largely supportive and forgiving.

Here are samples of some of the comments:

"Nice to know you're "one of us"."
--Roger

"Better to err on the side of caution
than not at all."
--Comet

"The 2 virus' you have listed are very well know
hoaxes. Just by spamming the warning you have
propagated the hoax just as a virus would have.
Shame on you!
Do your research before you send out warnings."
--Shelly

"Hey, we all get "caught" once in a while!
No apology needed, you were
only thinking in our best interests!"
--Sherry

"I also did the same thing once."
--Marion

"And Add To The List:
The Homepage Virus Is Doing The rounds again."
--Michael

"Please check out any "virus

warning" you receive. Most are hoaxes."

--Sharon

"Thanks for the information. It is better to be safe,
and warn your friends and customers, than to be sorry!"

--Ben

"You were trying to do the right thing and that's
all that matters."

--Cindy

I'm not aware of any unsubscribes due to my
snafu but I did get an online greeting card
to cheer me up.

I learned 2 things from this incident:

1) Treat people right and they will return
it tenfold.

--Treat them as you would be treated.

2) Investigate any and all unknown virus claims.

--It only takes a couple of minutes to check
out a virus warning to see if it's real or not.

The word *propagate* is defined as: to transmit
(characteristics) from one generation to another;
to breed or multiply.

Check out these useful and informative sites before
you unknowingly propagate a *deadly virus*:

<http://www.Vmyths.com>

<http://hoaxbusters.ciac.org/>

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

So, take it from a *former email viral propagator
victim*, investigate that next virus warning before
you send it out, and see if it's on the list.

Otherwise, the hoax will be on you.

Ron Kimball lives in Nashville, TN--Music City USA with his wife and son. He is a songwriter and demo
singer for both country and pop writers. He also publishes the popular home based business
e-zine, LeaderZKorner, which is geared toward home based business owners. LeaderZKorner is

published weekly with an accompanying Weekend FREE AD Supplement. For a FREE subscription:
<http://www.lzkorner.commailto:editor@lzkorner.com>

Speeding Myths and Facts

By Magda Santos

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by: **Magda Santos**

Speed Reading is one of those subjects that is spun to sound like a tonic that will solve all your educational ills and grow hair on your bald head for 2 easy payments of \$19.99 each. At times it sounds like a medicine show.

Some write about how it's a hoax. Others claim it's the best thing since sliced bread.

Well, in my experience, of teaching adults and children for 24 years, it's a little bit of both. It's a hoax if you expect to learn to speed read, to comprehend and to keep the new skills you learn all in a mere 16 minutes. It's a hoax if you're looking for a quick fix to a reading deficit, like dyslexia or ADD. And it's a hoax if you are a "traditional" reader happy with your average reading speed and are not a visual learner.

It's not a hoax if your learning style is visual, for example. There are three learning styles. They are visual, auditory, and kinesthetic. If you are a visual learner you will take to speed reading techniques with ease and will get a lot out of the effort you put into it. And it takes effort. It takes practice. It takes time to master and keep the skills you learn. And it's not a hoax if you're a young student between the ages of 8 and 12. As in most things young students grasp these skills easily and keep them far longer than us older folks.

Speed Reading is also great for strengthening your reading skills, in particular, fluency and comprehension. Many people that think of themselves as "slow readers," under 200 words a minute, find that the skills they practice with speed reading help them read with more confidence. It allows them to move over the page and look for meaning without stopping at every word and hearing it in their heads clearly pronounced before they go on to the next word.

Speed Reading by nature forces your mind to move over the page and the author's ideas with such speed that your mind doesn't have time to become bored. If you have ADD like I do, it's a godsend to speed read. Traditional reading is so boring I want to weep.

Can you double your reading speed in 16 minutes? Yes. But what's the point of reading fast if you don't know what you've read? And to do both you just might have to spend some time slowing down and getting used to this new skill. My advice is to take your time and to grow into higher speeds. Don't rush. The average person reads at about 250 to 300 words a minute. If you work up to 700 wpm you are more than doubling your speed. Make sure your comprehension is at least 90%. Then increase your speed a little more until you reach your goal.

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Is speed reading worth the trouble? Yes. Reading is a great tool and speed reading is a great master tool to get you reading and working on new ideas and projects inspired by others. It's also a gift of adventure, romance, and philosophy. Getting to read more in this fast paced world will open a window to the wonders of the universe. Okay, maybe that's too far out, but it is a great way to learn more about what you love and the work you do.

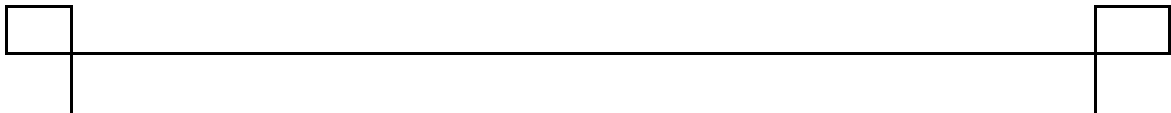
Someone once said, "If you read two new books a week you are way ahead of the competition and will develop into an expert in your field. No one else is reading two books a week on the subject."

Speed reading is a master tool especially made for those that have a learning style that is non-linear, open to visual prompts, and ambitious. Download a speed reading program today and see if it fits your learning style.

Magda Santos is an author, researcher, and learning specialist with over 23 years of experience teaching reading. She has a speed reading informational web site at



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