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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 Internet Adrenaline Rush

By Brian Holte

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So you've researched the market you've decided to get into on the net, you've done your homework and you know there's a demand for your product and not a whole lot of sites to compete with. Now you're excited about the possibilities you may face. You've bought your domain name and you have it hosted. You've submitted your site to all the major search engines, directories, you've even implemented a linking strategy to add to your marketing arsenal. Over the next couple of weeks you pay close attention to your webstats, and money allowing you've bought a couple of marketing ebooks and started testing different strategies. Some worked, some didn't. You notice you're averaging 10–20 unique visitors per day, but nothing too write home about. You've done what you think is a good job on your site, not too heavy on javascript or flash, mostly rich in useful text content, pretty well search engine friendly. But still no major traffic to get your heart pumping. You scratch your head in bewilderment wondering what you're doing wrong. Your thinking are my expectations too high? The answer is no. It's not that your expectations are too high, what you have to do is come out of your "shell" like I finally did. Bare down and start writing articles! I finally did this just the other day and went from 15–20 unique visitors a day to (last count) was 103 unique visitors and 321 pageviews plus one affiliate sale! How did I feel? I was happily nervous, proud, and had one of the best adrenaline rushes I've ever experienced! If a newbie like myself can do it so can you. The skies the limit, just use your imagination. All the best of luck to you.

Owner of The Ebook King www.theebookking.com Freelance writer covering the hottest trends on the internet including travelling topics, health topics and much more. Runs an ezine called The Ebook King Chronicles.

The Adrenaline Rush Of Winning And Losing

By Adel Awwad

The Internet Adrenaline Rush

Did you know that adrenaline and gambling have a lot in common? In fact, the thrill of winning can give you a major adrenaline rush. Yet, many people do not realize that adrenaline also reacts to a body's stress and when you gamble and begin losing (hey it happens), the adrenaline levels in your body still continues to affect you. Why? Adrenaline is secreted by glands in your body when you are experiencing both excitement and stress and therefore, when it comes to the thrill of winning or the stress of losing while you gamble, adrenaline is at play in your body.

Although adrenaline is in your body at all times in small, incremented doses, the adrenal glands secrete more adrenaline when you experience excitement or stress. So how do you know you are experiencing an adrenaline rush? When your heart starts beating faster, your eyes begin to dilate, and you are immediately put into a "fight or flight" mode. If you are winning at the tables, then you experience a kind of euphoria that accompanies an adrenaline rush and well, if you are down on your luck and losing, adrenaline will make you either feel like fleeing the tables or pressing forward and playing more.

In terms of winning, the adrenal rush can feel great! Conversely, in terms of losing, the adrenaline rush can have either a positive or negative effect on you—depending upon how you respond. For instance, if you are on a losing streak and you listen to the adrenaline telling you, "Hey, it's time to leave this stressful situation behind you," then the effects of the adrenaline rush that you experience will be positive. On the other hand, if you don't listen to your body's natural reaction to your losing streak and you continue playing because you keep telling yourself, "just one more game and I can win this thing," you could be in for a really uncomfortable experience.

Ultimately, how you react to an adrenaline rush is totally up to you. It is advised that you play wisely at all times and don't get in over your head. Stick to a budget, no matter what kind of streak you are on—win or lose. In the end, the enjoyment you will receive in gambling will totally depend on how intuitive you are, how in tune you are with yourself and how you play the game.

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