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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 Traffic Secret

By Pamela Geiss

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Spending your days clicking to get traffic? Getting traffic that's not targeted? Getting no results from your traffic? There is an answer.

There is a way to set up your site so you get highly targeted traffic.

The first thing you need to do is to get your site listed at all the search engines. You need to go to each one and hand-submit your site. There is software out there that will do submissions, but you must be careful. Each search engine has its own rules and (here's the kicker) they change often! So even if the software you use today works, it might not work tomorrow, and your site should be submitted MONTHLY. The first time you submit, expect anywhere from 6 to 8 weeks before you get listed, IF you get listed. Getting listed depends on your site being set up properly and your doing the submission following that particular search engine's rules.

You also need to be sure your meta tags on your site pages are optimized. Meta tags are the one area I have noticed that is the most neglected and also the most important as far as search engines go. You need keywords that are relevant to your page. I have seen many sites with 40, 50 or more keywords on their pages. This will without a doubt get you banned at the search engines. It is known as spamming the search engines and is not allowed. I also see sites that have no meta tags. Without them, you won't get listed at all. If you don't know how to do meta tags, you should get a reputable business who handles that to do it for you. Don't necessarily go for the lowest price – this is time-consuming work and needs to be done by someone who specializes in it and knows what he/she is doing.

After you get your pages done properly and submitted to the search engines, you need to go to the pay-per-click engines and set yourself up at each one. You will need to deposit money at each one and bid on keywords that are relevant to your site. You also need to check each one preferably every day to see how much you are spending and where you rank for your keywords.

The traffic you get from the search engines and the pay-per-click search engines is highly targeted traffic. With consistent "tweaking", you can do very well online using just these two methods. It is

time-consuming and requires knowledge of what you are doing, but if done properly, you will see great rewards.

Unspoken Rules Of The Road For Truckers

By Mike Dobson

Many truckers seem like they belong to a secret society and part of that membership consists of various courtesies and unspoken rules of the road. Trucking companies are privy to those rules, but don't always let the newbies know about them. Those new truck drivers get to learn the hard way. But if they are lucky, veteran truckers will give them a probationary pass to the secret society. Membership has its privileges!

Unspoken Rule #1 - Acknowledging other truckers in this secret society. Common courtesy on the roads is a little thing, but can pay off big if you are ever in the need of some assistance. CB radios are often used to recognize other truckers and even a friendly wave does the trick. Unspoken Rule #2 - Passing the pavement. Sometimes on busy roads, truckers may not be able to keep an eye on all of the traffic around them. Fellow truckers traveling in other lanes will often flash their lights or make contact by CB radio to tell another truck when they have safely passed another vehicle and it is all right to switch lanes.

Unspoken Rule #3 - Know the code. If you want to communicate with other members of this secret society, you have to have a CB radio. And with that CB radio, comes responsibilities and codes used when talking on the radio. Things like letting other truckers know where all the police speed traps are or if there are any accidents to possibly avoid are among the duties in this secret society.

Unspoken Rule #4 - Headlight Headaches. Another unspoken common courtesy that truckers will extend to other trucks has to do with headlights. Stopping for any length of time, whether at a weigh station or a fuel stop, truckers will often turn off the headlights and put on their blinking hazard lights. Those headlights are very bright and can easily blind another driver at an inappropriate moment and can be a potential hazard.

There are many other small courtesies that truck drivers extend to one another. As newbies establish themselves with their trucking companies, the die hard truckers will eventually take pity on them and let them know the ins and outs of their "Secret society." Some of these rules may be unspoken ones, but they sure do pave the way for a more enjoyable trucking experience. Now all these truckers need is a secret handshake!

Mike Dobson is the creator of

the web's most comprehensive resource.

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