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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!

To Contact or Not

By Jennifer Lester

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Dear Jen,

I went on my first date with Sean* whom I met online. I thought we both had a great time on our date. At the end of the night, he kissed my cheek and said he would call. Now it has been a week and I have not heard a word from him. (I even considered checking with my phone company to see if there had been a problem on my line.) I thought about calling him, but was worried that it would seem too pushy or eager. What are your thoughts on sending a friendly little email? Should I try it, or should I just sit tight and keep waiting for him to call me?

Your Friend,

Julie

Dear Julie*,

There are two reasons he may not have called. He may be busy, or he may not be interested. If he has been busy, but thought to call later in the week, he might be a little afraid to since he may be worried that he has hurt you by not calling sooner. This can keep him from calling you at all. A quick contact from you can let him know the door is still open for him if he wants to walk through. On the other hand, if he is not interested, at least with an email he can just delete it without a lot of guilt and you will be saved from hearing that tone of annoyance in his voice.

Sure, email does seem more casual than a phone call, but too many of us get carried away with the blank space on the page. If you absolutely have to contact him, make it short. Don't gush over how handsome he is or how much you miss him. Don't tell him you are dying to see him. In other words, don't be desperate. Try something like: "I had a great time with you the other night and would enjoy seeing you again. Feel free to call anytime." THAT'S IT! Don't go any further or you risk being put on his "too needy" list.

If he is just not interested that is something you are going to have to deal with. Don't just sit around and wait for his call. Move on and move forward. Meet more people and get your life rolling. If he eventually calls, great! Just don't count on it and waste your life waiting.

*Names are changed to protect anonymity

Jennifer Lester is an online dating expert who offers her advice and guidance through the world of online dating at her website: <http://www.lovepersonally.com> - The tour guide to your online dating experience.

Contact Lenses: See The World Through Different Lenses

By Barney Garcia

Contact lenses are for those who wouldn't dream of spoiling their looks with glasses and who still need a seeing aide. Contact lenses are a very inexpensive option prescribed by most opticians for their clients. Although almost anyone can wear a contact lens, there are a few individuals whose eyes cannot adjust to contact lenses. It is recommended that a good eye doctor be consulted before you begin using contact lenses on your eyes.

Contact Lenses - To Wear Or Not To Wear Contact lenses may have shown us the way out of the good "old" glasses, but it is highly recommended that contact lenses be used only after consulting an eye specialist or optician. Wearing contact lenses at all times may cause harm to your eye. Also it is important to know the right way to wear your contact lenses. Continuous wear is not advisable and there are ongoing debates about whether one can wear contact lenses to sleep. Still, contact lenses are quite the rage among office workers as well as those from the fashion world such as models and stars.

Colored Contact Lenses Some of us have been endowed with uniquely colored eyes, while for some; colored eyes can enhance the attractiveness and charm of an individual. Colored contact lenses are available for those who would like the world to show a different side to them whenever they choose. Hazel, brown, blue, grey, green and even hard-to-find colors like purple or yellow is not unlikely colors for contact lenses worn by people in today's modern and fashionable world. Many contact lens manufacturers also make colored contact lenses to cater to this rapidly growing clientele of contact lens users.

Disposable Contact Lenses Many manufacturers of contact lenses have come up with disposable contact lenses. These lenses can be thrown away after use and do not carry the risks of infection or other side effects of normal contact lenses. Disposable contact lenses may be an expensive option, but they have been in great demand for quite some time among those who are constantly traveling or are exposed to various hazardous substances. It is easier for them to throw away used contact lenses than to face infections or other eye-related problems because of unclean contact lenses.

Barney Garcia writes about contact lenses. Visit

and



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