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**100% Effective Natural Hormone Treatment**  
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**Using The Right PDA**

**By Catherine Franz**

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When we think of writing it triggers many thoughts and visions depending on our framing. It could trigger a lone man with a full astray, unshaven, staring at an old plunking typewriter with white blank paper waiting in anticipation for his words.

If a mother or younger, it could conjure up an image of a 30-something woman typing away on a keyboard with an apron on, in between making formulas or getting ready for work, still dark outside. Pounding on the keys because the flow is there, just as the light from the window begins to change, trying to get as much onto the page before the kids need her attention.

If you grew up in a Catholic school in the 50s, writing could mean perfect penmanship and a rap on the knuckles if you didn't.

The times have changed, thank goodness, and now children grow up with memories of learning to cluster and freewrite. To allow whatever needs to flow appear onto the page. There are more books than ever on creativity, and how to play and embrace the craft new everyday. It is a freeing time for writers.

Yet, three principles prevail no matter what your association to the meaning of writer appears. They are PDA, for short. No, not the PDA you carry around in your pocket. But the PDA a writer needs to carry around in the heart.

P=patience  
D=discipline  
A=action

The patience to allow our writing to mature with practice. To push just enough to keep us uncomfortable yet still allow us to keep trying.

## Using The Right PDA

The discipline to sit still long enough to get it started and completed. The discipline to keep picking up the pen, putting another sheet of paper in the printer, or buying new keyboards because the last one certain keys just plain gave out.

Action to keep the vision and dream alive for one more time, one more word, one more story, one more meaning.

Remember, the next time you want to write more or write better. Don't pull out your PDA from your pocket, but pull out the ones that really count from your heart. The ones that truly affect your ass(ets), patience, discipline, and creative action.

Catherine Franz is a Marketing & Writing Coach, niches, product development, Internet marketing, nonfiction writing and training. Articles: <http://www.abundancecenter.com> blog: <http://abundance.blogs.com>

### **Travelling Is Easier With A Pda And A Bluetooth Receiver**

**By Abby Johnson**

Traveling is always easier if you take as little with you as humanly possible. It's always the intention while traveling to carry only to what is most necessary. This is not always an obtainable goal, especially when you are venturing into parts unknown. In addition to the usual essentials, a sizable map and navigational equipment become necessary.

With the unveiling of GPS technology, traveling with maps and huge navigational devices becomes unneeded; a traveler need only carry a GPS receiver. A GPS receiver determines one's exact position on earth by deciphering the information it receives from GPS satellites. With the assistance of other electronic devices, the GPS receiver will precisely determine your correct location on a map.

For even more even more functions and ease of use, GPS receivers can be used with other mobile devices. The PDA is one of the most frequently used mobile products for this purpose. PDAs make the perfect partner to the GPS receiver because of their unique features, such as a colored screen to display maps and hard drive space for map storage. And PDAs are light compared to other mobile devices such as notebook computers.

There is a problem with using a PDA with a GPS device, however. They do not always integrate well. GPS receivers are normally connected to PDAs using a CompactFlash (CF) card or USB wires. Because some GPS receivers are quite large, attaching it to your PDA using CF can make it too large. Using the USB wires, however, can make your GPS receiver difficult to use and limit its usefulness.

So what could be the solution to this problem? A Bluetooth GPS receiver.

The Bluetooth Solution

## Using The Right PDA

Bluetooth wireless technology is the open standard for wireless communication. As long as the two electronic devices are within 10 meters of each other, Bluetooth technology will allow them to send and receive signals and transfer data. No wires are necessary.

### Bluetooth GPS Receiver

The Bluetooth GPS receiver is simply a receiver that uses the Bluetooth technology and electronics to transmit GPS data to a mobile device. However, they must share the same technology. For example, if a Bluetooth GPS receiver will be used with a PDA, the PDA must have built-in Bluetooth technology.

The Bluetooth GPS receivers used with the Bluetooth capable PDAs offer many advantages over an ordinary GPS unit, which is connected to the PDA using CompactFlash or USB wires. These advantages include the ability to use wireless connections between the devices. Without wires to limit positioning between the Bluetooth GPS receiver and the PDA, you can place the two devices at their most advantageous locations. For example, if you are using your Bluetooth GPS receiver in your car, you can place the device where it has a clear view of the sky. Then you can place your PDA on your dashboard and have optimum screen visibility. Because the wires are not used to connect the two devices, their positioning will not hamper your driving. Also, because you won't need to use Bluetooth's CompactFlash slot, you can use it for other things, such as storing maps or software to optimize the

GPS navigation.

Aside from these two advantages, the Bluetooth GPS receiver units have other features, although most of them are brand or unit specific. Generally, Bluetooth GPS receiver units now have pre-stored US maps, point-of-interest (POI) databases and route recalculation functions.

Abby Johnson is a staff writer at

<http://www.lifestylegazette.com>

and is an occasional contributor to

several other websites, including

<http://www.travel-gazette.com>

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