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Making The Best Use Of Internet (reading – 6.8. - 12.8.)

by: **Fintech Magazine**

It is now even needless to mention that internet is an integral part of our lives. However, like all other elements, it is necessary to ensure that we make the best possible use of it. This article series will try to provide some glimpse on this from different dimensions. This first part is from health perspective.

How much time in average should be spent on internet daily?

It is a difficult question without any standard answer. Because, it will vary based on the need of a person in accordance with his/her profession, lifestyle and other perspectives. We can better try to find whether there are any standard criteria from health (both physical and psychological) angle.

It is better to use the term "screen time" in this regard; which is quite identical with the time we spend online in all sort of devices (desktops, laptops, tabs, smartphones etc.). In recent time there has been lot of analysis to sort out acceptable range of screen time for children. Any defined guideline from a global organization (like: WHO or UNICEF) regarding this is yet to come. Some solid recommendations have been made by American Academy of Pediatrics (AAP), like:

- For children younger than 18 months, avoiding use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children aged 2 to 5 years, limiting screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, placing consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

Also, they have encouraged parents to develop personalized media use plans for their children. Media plans should take into account each child's age, health, personality, and developmental stage. Media plan indicates a holistic scheme containing different activities like:

Having certain areas of home screen free.

Certain times (like: dinnertime, family chatting period & before bedtime) should be screen free.

Reviewing the Apps being used in children's devices and making sure that only useful ones remain installed.

Joint participation (co-viewing and co-playing) with children during online activities.

Now how to implement these recommendations - when it is always difficult to deploy restriction on internet or smart device usage? These are possible by using various apps or software in the devices being used by children, usually known as "Parental Control" solutions. Parents can remotely monitor and restrict time, place and contents that children view online through such parental control solutions. Functionality of these solutions will be discussed in detail in the next part of this article series.

About The Author

Article Source: <http://www.fintechbd.com/making-the-best-use-of-internet/>





Why Fast Action Means Greater Success (reading – 13.8. - 19.8.)

by: **TJ Philpott**

Online marketing often times requires that fast action be taken due to the dynamic nature of the internet. In fact it can be argued that taking action very quickly will actually increase the amount of success online you experience. Although this may seem to contradict the need for being deliberate and prudent when making business decisions our discussion here will explain the benefits of quickly taking action when working online.

Better Use of Time

Instead of pondering about the 'what ifs' and maybe convincing yourself to not even bother taking action, you are going to get more definitive answers and much quicker! Speculating about how to address every 'possibility' takes time. Now your time consuming speculation is turned into 'real life' experiences from which you can learn something based upon fact and not second guessing.

Success Comes Quicker

Many opportunities are subject to trends and demands which can ebb and flow over time. By capitalizing on an opportunity early on you can take advantage of a strong demand and likely less competition as well. In doing so it only stands to reason that your success online will come quicker to you while also allowing you to profit for a longer duration.

Failure Comes Quicker

Now how wants to fail and why would failing quicker be of any benefit to you? With 'failure' also comes lessons learned! Sometimes making business decisions leads to failure but what could be even worse is if a lot of your time or resources were invested into making the decision. By taking action quickly you can determine if you should invest anymore of your efforts and if not you have learned some valuable lessons and can now move on! What you have learned can be of great value to you in the future therefore all was not lost!

When working online it is often very advantageous to take fast action when making business decisions. The internet is a constant whirlwind of change which calls for the need of taking action very quickly if entrepreneurs expect to experience any degree of success online. As reckless as this may seem there are some obvious benefits, as discussed above, that come with being decisive and fast acting. Working online is not like a casual stroll through the park being the environment is very dynamic and the competition is plentiful. On the other hand opportunities are boundless for those not afraid of making business decisions followed up with quick and decisive actions. If this sounds like you then very likely success online will be yours!

About The Author

TJ Philpott is an author and Internet entrepreneur based out of North Carolina. For more tips about what it takes to achieve success online and to also receive a free instructional manual that teaches valuable niche research techniques for your online marketing needs simply visit: <http://affiliatequickstart.com/>

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Most Common Phobias (reading – 20.8. - 26.8.)

by: **Barbara Odozi**

A phobia is an irrational and excessive fear of an object or situation, according to the American Psychiatric Association (APA). More often than not, phobia involves a sense of endangerment or a fear of harm. For example, somebody suffering from agoraphobia will dread being trapped in an inescapable place or situation.

Here, we discuss 10 most common phobias that people suffer from:

Agoraphobia: It is a phobia which is quite common. Almost 2 percent Americans are victims of agoraphobia. It is a fear of open or crowded spaces. It creates a vicious cycle and the sufferer gets panic attacks when nearing any event that necessitates facing such circumstances.

Acrophobia: It is a fear of heights. It is an irrational fear of heights or the fear of falling. Close to 10 percent people in the U.S. suffer from acrophobia. In severe cases, a victim may even suffer panic attacks.

Aerophobia: It is the fear of flying. Almost 6.5 percent of the world's population has this fear. This phobia is closely linked with agoraphobia and claustrophobia (fear of small and restricted spaces). In extreme cases, this may affect a person's professional and personal life when air travel becomes inevitable.

Mysophobia: It is a fear of germs. This fear is also akin to obsessive-compulsive disorder (OCD). A person may suffer from both these disorders at the same time. Sufferers often become isolated in mysophobia.

Claustrophobia: The fear of small spaces, this phobia is common as 5-7 percent of the world population suffers from claustrophobia. This phobia is related to fear of suffocation or the fear of restriction. Very few sufferers seek treatment in this phobia and majority of them go untreated.

Cynophobia: The fear of dogs is called cynophobia. Many people fear dogs and there is no harm in that. But cynophobia is an extreme and uncommon fear about dogs. It is one of the most common animal phobias in the world. It is estimated that about 36 percent of the sufferers seek treatment for cynophobia.

Trypophobia: It is the fear of holes. It sounds absurd to be afraid of holes, but for a trypophobe the mere sight of a hole is enough to press the panic button as he becomes quite restless and almost reaches on the verge of a collapse.

Astraphobia: The fear of thunder and lightning is called astraphobia. It is true that thunderstorm and lightning can make even the brave run for cover, but for an individual suffering from astraphobia, it is altogether a different case. Starting in childhood, this fear can continue into adulthood.

Ophidiophobia: The fear of snakes is known as ophidiophobia. One may think how fearing snakes can be termed as a phobia as almost everyone is scared of snakes. But for people who suffer from this phobia, it becomes impossible to indulge in hiking, camping and related activities.

Arachnophobia: The fear of spiders afflicts a lot of people in the society with 30.5 percent of them dwelling in the U.S. alone. This is an extreme fear of spiders and other arachnids like scorpions. This causes a lot of embarrassment to the victims.

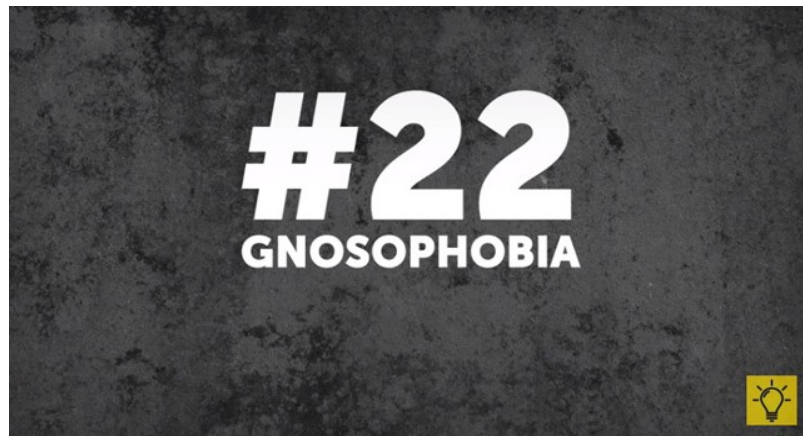
Managing phobias

A little of fear and phobia is normal. However, when it goes beyond control and begins to affect the daily activities of a person, it becomes a concern. Phobias are mental conditions which qualify for intervention. One should see a psychiatrist if faced with an extreme phobia of any kind. In fact, phobias are mostly related to anxiety disorder in a person.

If a loved one is suffering from any anxiety disorder, contact the Anxiety Disorder Treatment Arizona to avail the services of the top of the line anxiety treatment centers. Call at our 24/7 helpline number 866-425-9317 for an immediate assistance. Our experts will guide you to the best anxiety disorder treatment centers in your vicinity.

About The Author

Article Source: http://EzineArticles.com/expert/Barbara_Odozi/2218626



Yoga Old And Modern (reading – 27.8. - 2.9.)

by: **Garry Hamilton**

Generally speaking the perception of Yoga has changed significantly. When we compare the traditional yoga of the ancients to today's modern version we can see if there are indeed changes.

In most classes, articles, books, blogs and other media sources on yoga we can observe how they differ from traditions of the ancients.

These modern-day practices on closer inspection are very different from those of antiquity.

Some purists of the day who see modern yoga as being so different from the traditional they refer to modern yoga as "Not Yoga".

To be a miner of diamonds,
take care of your picks and shovels.

To be a miner of your spiritual Self,
take care of your body, breath, and mind.

But don't confuse the tools and the goals.

Author unknown

Historically speaking, yoga was taught orally and there are subtle differences between those teachers of old.

Principles of this practice were usually communicated through religious teaching where brief instructions were expanded on verbally.

For example, in ancient times the outline of yoga was to be found in 196 sutras of yoga which was then discussed with and elaborated upon by a teacher to pupil.

Furthermore, the deeper meaning of Om mantra for example, is detailed Upanishad and is elaborated upon orally.

This article is not claiming that there exists a single universal contemporary yoga... there are also many different approaches.

However, the overall perceptions of yoga have made an overall shift which has proved worthy of scrutiny.

So yoga like many of the ancient traditional practices seems to have been compromised over the centuries.

We may argue though that these inevitable changes are only a reflection of yogas ability to adapt to the changes of time.

Ancient or otherwise traditional yoga combines deep religious roots with physical and highly meditational practices.

The aim of traditional yoga was to attain moksha-liberation, freedom from reincarnation and recognitions of one's own divinity.

As we have seen traditional yoga is practiced in a different way than most popular modern styles.

An example of this can be seen when we take a look at jnana yoga that doesn't have any physical postures. Instead the emphasis is on a path of rational self-enquiry and seeks true enlightenment of one's true nature.

When the term yoga is used many of us think of bending into different postures.

In fact, these postures, otherwise known as "asanas" traditionally were not a part of yoga until someone called Pontanjali wrote the Yoga Sutra around 2200 years ago.

Pontanjali created postures to discipline the body and conscious connection.

Ancient yoga practitioners viewed asanas as a small but useable part of the practice as a whole.

Traditional yoga styles are not a popular practice as modern yoga in Western culture, but many aspects are incorporated into today's yoga styles.

Having said that, most yoga studios today now base their practice on a variety of physical postures/asanas.

Because of its many benefits including increased flexibility, and stress relief yoga has become a popular activity in Western culture.

In addition, depending on the style of yoga a typical class may be focused on physical fitness or may focus on meditation utilising some of the ancient background.

Modern day yoga does not expect the practitioner to aim for any kind of spiritual enlightenment. However, it can be a catalyst which enables one to reach enlightenment.

About The Author

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Do you want to know more about yoga mats and yoga ... yogamatica.com is where you can find out the how, where, why and when of yoga. Come on over to [<http://www.yogamatica.com>] today.

