

FREE List Building Course



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Are You Happy With Your Opt In Success?

If you answered no, then you need to read every word of this. Did you know that most Internet businesses fail because they do not build lists the right way or for that matter, at all?

Have you been looking for a way to multiply your profits? Does it seem like you are taking one step forward and two steps back every time you attempt to build successful lists?

Real people just like you are building massive lists and living their dreams. Is it because they are smarter than you? NO WAY! It is just because they are using the right tools to guarantee success. Would you like to have these tools? Of course you would.

But where do you find them?

You need to be offering your website visitors eCourses that they simply can't resist. The problem is, who has time to write new eCourses each month to make list building easier? Well, you do not have to worry about that anymore. eCourses Monthly is coming to your rescue.

By adding new eCourses every month to your list building arsenal and adding your products and affiliate product ads every few days, you are already on your way to building a successful Internet business. You have the opportunity starting right now to make your business prosper.

Each month you can get brand new, hot off the press eCourses all ready to go including, video squeeze pages, affiliate ads, emails for each day and everything you need to get started easily. You can choose one or several new eCourses each month.

You simply can't find a quicker way to build multiple lists. Are you ready to start making some serious income with affiliate programs and your own products? Well, what are you waiting for? Get your eCourses NOW!

<http://www.ecoursesmonthly.com/listbuilderSF.html>

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Thank you for requesting your FREE List Building eBook and Stress eCourse package to help you build your own list. By setting up this eCourse and building a list, you can increase your affiliate sales in no time. You can download the files from the links below. Be sure to read this entire eBook as it includes instructions for setting up the eCourse and squeeze page, plus how to get traffic to your new eCourse.

Get The List Builder Squeeze Page Here

<http://www.ecoursesmonthly.com/SF/ListBuildSqueeze.zip>

Free Stress Relief eCourse Package

<http://www.ecoursesmonthly.com/SF/stress89658pack.zip>

Bonuses with Free Starter eCourse

Download 10000 Words and Phrases Here

<http://www.ecoursesmonthly.com/freecourse472589/words35790.zip>

Download Panic No Harm Here

[http://www.ecoursesmonthly.com/freecourse472589/panicnoharm\\_brand.zip](http://www.ecoursesmonthly.com/freecourse472589/panicnoharm_brand.zip)

Download Getting To Know Anxiety Here

<http://www.ecoursesmonthly.com/freecourse472589/Getting-To-Know-Anxiety.zip>

Download Beautiful Thoughts Here

<http://www.ecoursesmonthly.com/freecourse472589/beautifulthoughts2.zip>

Download the Tutorials Below.

Squeeze Page Tutorial

<http://www.ecoursesmonthly.com/freecourse472589/8789squeezehelp.zip>

Setting Up Emails Tutorial

<http://www.ecoursesmonthly.com/freecourse472589/dfji76emailhelp87.zip>

Setting Up The Affiliate Redirect Pages Tutorial

<http://www.ecoursesmonthly.com/freecourse472589/dfji76rediraffil87.zip>

If you are unsure how to use FTP to upload files to your website sure to download the file below. This download also includes an HTML editor to help with editing the squeeze page.

Download Using FTP and HTML Editor Here

<http://www.ecoursesmonthly.com/freecourse472589/ftpandeditor.zip>

### **How to Edit and Upload The eCourse**

Once you have downloaded the tutorials, open the squeeze page first in a notepad to start editing it. If you do not have an HTML editor be sure to download the file with the HTML editor and install it to your computer before beginning the tutorial. Once you have installed the HTML editor open the squeeze page file so you will be ready to go along with the tutorial. You should now have the squeeze page file opened in both the notepad form and in your HTML editor.

Next, unzip the squeeze page tutorial and follow the directions included in it. The information included in the squeeze page tutorial will also work for editing your opt in pages.

As shown in the video, the squeeze pages are another area where you can make a difference. Add some bonus eBooks or reports. Change the text around. Make yours look unique. Also, if you would like you can add a signature at the bottom of the squeeze page with your personal comments.

You can add a realistic signature by going here.

[http://www.vletter.com/design\\_visitor.htm](http://www.vletter.com/design_visitor.htm)

You may want to redirect your subscribers to a one-time offer page. Just be sure that at the top of this page you include information telling them the title of the email to be watching for to confirm their subscription.

Next, we are going to edit the affiliate redirect pages. Open the first affiliate file in a notepad and then Unzip the affiliate redirect tutorial and watch it and follow the directions. Once you have finished the first one, simply follow the same directions for the other ones.

Okay, now that you have finished the affiliate redirect pages, next we are going to edit the emails. You will need to download the search and replace software which will make changes to all the emails at once. You can download it here.

Download The Search and Replace Software Here

<http://www.ecoursesmonthly.com/freecourse472589/search.zip>

Next, watch the email tutorial and follow the directions in it. Once you have made the changes with the search and replace software from watching the video, we will work on personalizing the emails further for your eCourse.

### **How to Use This eCourse To Build A List**

In order to make the eCourse the most effective it can be for you and help you make the most in affiliate profits, it is recommended that you add a little extra personalization to each days email. This will only take a couple of minutes per email but will be well worth your time.

Open up the e-mail that is named Day 1 and add an introduction about yourself and thank them for their interest in signing up for your course. This is where your personality can shine through and make the course your own.

Next, you will want to scroll down to the bottom of the email where it says Your Name and add a little something above it. Here are some examples . . .

I hope you have enjoyed today's tips,  
Your Name  
<http://www.yoursite.com>  
name@yoursite.com

Have a wonderful day,  
Your Name  
<http://www.yoursite.com>  
name@yoursite.com

Until next time,  
Your Name  
<http://www.yoursite.com>  
name@yoursite.com

As far as the Affiliate ads that are included in the emails go, they are generic ads offered by the affiliate programs. If you want a better response take some time to visit the site and write your own unique ads. I have included an affiliate ad in days 3-6 and 9. On day 10 you may want to add a link to your own product or a favorite affiliate product of your own choice. Remember to never send your list ads that have nothing to do with the content in the emails.

Once you have made these changes to each email you are ready to upload them to your autoresponder. You will need to decide how often you want the emails to go out. Since there are 10 emails in this eCourse, you can have it go out every day for 10 days in a row or once a week for 10 weeks, it's up to you. If you are new to autoresponder's, be sure to watch the video tutorials available at both [GetResponse.com](http://GetResponse.com) and [Aweber.com](http://Aweber.com) to set them up.

[GetResponse](#)  
[Aweber](#)

Next, upload your squeeze page file, video and all the graphics to the folders of your choice. Just be sure to keep track of the URL of each file so you can reference to it when needed.

Next, we will work on writing articles quickly to promote your new eCourse. Over the next few days, you will learn lots of ways to promote your eCourse in order to build your list quickly. Are you excited yet?

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Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

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## Writing Articles To Get Fast Traffic to Your Squeeze Page

Today we are going to talk about writing articles. I realize that you may think that writing articles is very difficult, but it does not have to be. Today we are going to learn how to easily and quickly write articles to submit to promote your site.

The first thing you want to do is come up with several key words to use in your articles. You can do this easily by coming up with a few main keywords and then going to the following sites to find other similar keywords.

### Here is a list of resources for finding great keywords

My favorite free keyword suggestion tool

<http://tools.seobook.com/general/keyword/>

Google Suggest

<http://www.google.com/webhp?complete=1&hl=en>

The Overture Keyword Tool is a great tool for finding keywords so you can see how many requests there are for the keyword each month, what the highest bid is for it, and how much competition there is for the word.

<http://www.inventory.overture.com/d/searchinventory/suggestion/>

Once you have found a list of good keywords you are ready to start writing your articles. The very first thing you want to do is come up with a good title for five articles. The title is the most important part of your article because that will determine whether people will click on your link to read the article.

A really good way to decide on a title is to first check through this list of 10,000 Words & Phrases That Sell Like CRAZY! That you downloaded at the beginning of this eBook.

Next, write out several title ideas being sure to use as many keywords as you can and still make the title sound good, plus some of these hot words. Next go to this site which will analyze your headlines. Try a few variations for each articles title until you find one that gives you a high score on the headline. By doing this, you can be sure your title will grab people's attention and make him want to read your article.

Free Headline Analyzer - This is a great tool. Try it out!

<http://www.aminstitute.com/headline/index.htm>

Here is a sample idea.

This title got a 0% so it is not good.

Is Stress Taking Over your Life

This title got a 33.33% so it is pretty good.

Are You Ready to Take Control of Your Life and End Stress

This title got a 45.45% so it is very good.

Take the Smart Approach to Stress Relief, You Can Do It!

You can come up with some very good titles by doing this. Once you come up with 5 articles titles, you are ready to start writing.

The next step to writing your articles is to come up with ideas that match your title. We are going to start with this one since it scored well.

Take the Smart Approach to Stress Relief, You Can Do It!

Be sure not to use this exact title for any of your articles since others will also have this course. Come up with your own unique titles and articles.

Now just simply write down anything that comes into your mind of smart ways to deal with stress. You can make it a list of 10 smart ways to relieve stress, how to deal with people who stress you out, meditation tips, relaxation tips or any ideas that come into your mind. If you have access to any private label articles you can get ideas from them to help you.

Some great resources for private label articles are:

[YourOwnArticles](#)

[InfoGoRound](#)

Just keep writing any ideas you have, that have helped you in the past deal with stress. Now look at what you have written and narrow it down to write an article around 400-500 words. It's really not that hard, just keep at it.

The next thing you want to do is include a good byline to add to the bottom of your article that leads to your squeeze page for your eCourse. Be sure to use the headline analyzer, to get good ideas to start your byline. Make your byline around three to four lines and make it hot so your readers will take an interest in clicking on the link to sign up for your free eCourse.

Next, continue the same way for the next four articles. You'll be surprised how quickly you can pop out five articles when you follow these steps.

Next, we will talk about submitting your articles.

Good business leaders create a vision, articulate the vision, passionately own the vision, and relentlessly drive it to completion.

Jack Welch quotes

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Submitting Your Articles

Did you get your five articles written? If not go ahead and finish them now and then come back to learn how to submit them.

Okay are you ready to submit your articles? Follow the instructions below to get everything ready, so that when you get to each site everything will be organized and ready to go.

Getting Ready to Submit Your Articles

Use your notebook or a text file of your choice to keep your information readily available at the click of your mouse.

Be sure to set-up a file with all the information you will need that you can copy and paste, then you can just pop your information into the forms without retyping them every time.

Be sure to write a good description of your article as many editors require a description before they will read your article. Have descriptions ready from 25 words to 100 words. Write at least five different descriptions for each article you would like to submit.

Be sure to have at least 10 to 15 keywords describing your article.

Have your contact information ready so you can cut and paste it into each form or email when you submit your articles.

Name:
address:
city, state, zip:
phone #:
country:
URL's:
email:

Keep a list of each site you submit your articles to and include the following information.

- a. URL and Name of Site
- b. The title or number of the description you used on the site, and the category you submitted to.
- c. If a reciprocal link is required put the HTML code for it in the file.
- d. Description of the site
- e. URL of your listing
- f. Date verified that your listing was posted.
- g. And plenty of room for notes

Get this ready and then you can start submitting your articles to this list of top ranking sites for submitting your articles.

Submit your articles to article submit sites. Here's a list to get you started. These all have page ranks from 5-7+

- <http://www.ezinearticles.com>
- <http://www.selfgrowth.com/>
- <http://www.goarticles.com/>
- <http://www.articlecity.com/>
- <http://www.acmearticles.com/>
- <http://www.powerhomebiz.com/>
- <http://www.article99.com/>
- <http://www.advisor.com/>
- <http://www.searchguild.com/>
- <http://www.digital-women.com/>
- <http://www.easyarticles.com/>
- <http://www.weeno.com/>
- <http://www.jogena.com/>
- <http://www.howtoadvice.com/>
- <http://www.articledashboard.com>
- <http://www.blogwidow.com/>
- <http://www.chiff.com/>
- <http://www.ideamarketers.com/>
- <http://www.awomaninbusiness.com/>
- <http://www.selfseo.com/>
- <http://www.linkgrinder.com/>
- <http://www.articlesexpress.com/>
- <http://www.aboveallcontent.com/>

Next, we will work on some more terrific tips for getting traffic to your new eCourse page.

The golden opportunity you are seeking is in yourself. It is not in your environment, it is not in luck or chance, or the help of others; it is in yourself alone.

Orison Sweet Marden quotes

More Traffic Tips to Build Your List Quickly

1. Go to your favorite search engine and search for forums where people hang out are looking for stress related information. You can look for forums about stress, meditation, relaxing, or other self-help forums where people will be interested in your eCourse.

Spent a little time looking around each forum to make sure it is a good fit. Make sure that signature files are allowed in the forum. Take note of any of the URLs to postings that you would like to make a post at. Then sign up for the forum, fill out your information including your signature file that you would like listed at the bottom of each posting. Make sure your signature file offers information about your free eCourse and a link to the squeeze page.

Now spend some time in the forum and find threads that you feel you can answer people's questions with good advice. Then post your information along with your signature file. Do not post just to add your signature file. Be sure you can add some real value with your post or you will only upset the other people in the forum.

2. Be sure to add a link or your opt in page to every page on your website. If you add a link, just make sure to have a great headline to grab people's attention to it that makes them want to click to go to your squeeze page. Once you have them to your squeeze page it will do all the work for you.

3. List your articles on USfreeads.com in the appropriate category to bring people to your squeeze page. This can be very effective.

4. Trade traffic with other websites. You could put a link on your website to their autoresponder course in exchange for them linking to yours.

5. Create a killer PDF report and give it away on free stuff sites. Be sure to have a link to your squeeze page prominently placed throughout the report. Here is a list of places to submit eBooks or free offers.

<http://www.interactiveebook.com/ideas/submitebooks.html>

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Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.

Marie Curie

**Here are some more hot traffic tips to build your list quickly.**

1. Make a custom 404 error page for your website redirecting people to your squeeze page.
2. This one's a little gutsy, but you may want to try it. Go to your local library and put bookmarks with your URL inside every book that has anything to do with your topic.
3. Have a bumper sticker made up that says something like, "Feeling Stressed? Free Help Here: <http://www.yoursite.com/yoursqueeze.html>.
4. Start a new lens on [www.Squidoo.com](http://www.Squidoo.com).
5. When you go out for dinner, give your server a great tip along with a business card leading to your eCourse squeeze page.
6. If you have any parked domains, add a link to them leading to your squeeze page.
7. Put an ad in other eZines or newsletters promoting your eCourse.
8. Promote your site on cheap pixel advertising websites. Go to your favorite search engine and type in pixel advertising to find as many as you can.
9. Set up a profile on social book marking sites such as [www.MySpace.com](http://www.MySpace.com). Go to your favorite search engine and type in social bookmarking to find a huge list of places to get your site noticed.
10. Send a personal email thanking anyone posts a comment to your blog and add your signature file to the email.

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Quality questions create a quality life. Successful people ask better questions, and as a result, they get better answers.

Anthony Robbins

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11. Give Away Master Resell Rights eBooks related to Your eCourse Subject.

Find a really good eBook or report that you can include as an extra bonus on your squeeze page when people sign up for your eCourse.

12. Go to a search engine and find other people's blogs that contain information on the subject of your eCourse. Read the different posts and make comments on their blog with a back link to your site. Make sure that your comments are about the information on the blog. Do not just leave a post so you can leave a back link. This is not a good practice and will just make you look bad.

13. Send an email out to your newsletter list announcing your new free eCourse so they can sign up for it.

14. Promote your eCourse on your thank you pages for other products you are promoting by adding the opt in form included in the package on the page.

15. Make up flyers where you can cut each piece of paper into four pieces and put your mini flyers out everywhere you go. Be sure to put them on very colorful paper.

16. Submit your squeeze page to all related niche directories.

17. Promote your eCourse to related newsgroups.

18. Add your eCourse to free offer sites

19. Put a tell a friend script on the thank you page that your website visitors will be redirected to after they sign up for your eCourse.

### **Here Are Some Free Tell A Friend Scripts**

<http://www.bravenet.com/webtools/announce/index.php>

<http://www.itistic.com/tellAFriend.aspx>

[http://www.expertwebinstalls.com/tell\\_a\\_friend\\_script.html](http://www.expertwebinstalls.com/tell_a_friend_script.html)

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As a rule, he -or she- who has the most information will have the greatest success in life.

Benjamin Disraeli

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20. Trade ads with other opt in list owners. Try to find other lists that will compliment your offer and trade ads with a list owners. You can find other newsletters by searching in the search engine under newsletter directories. Many of them offer the name and contact information of the site owner. Here is a list newsletter directories to help you out.

<http://www.interactiveebook.com/ideas/ezinesubmit.html>

21. Submit your blog and RSS feeds to as many blog sites and RSS feeds sites as you can and put a link on your blog to squeeze page. You can find a list of places to submit your blog and RSS feeds here.

<http://www.interactiveebook.com/blogvideos/blogssubmit.html>

22. Offer other site owners a great bonus to go along with their eBook. Then make sure to place a prominent link in the eBook to your squeeze page.

23. Place an ad in your local newspaper.

24. Let people know if they sign up to your eCourse, that you're holding a contest and you have pre-determined several numbers (like 28-49-94-131 etc. that will win) and if they happen to be that number subscriber they will win a great prize. Then send an email out to the whole list announcing when each person has won the prize and what they got. Do not include their email address in this post, just their first name and then send the winner a separate email giving them the download link to the prize.

Keeping your list going after the 10 emails go out. Make up a quick calendar of ideas for free reports or eBooks about the subject of your eCourse. About once a week or so should be sufficient. Then send out a quick email to the entire list including the ones that are finished with the eCourse giving them the free gift. Then about every third email tell them about one of your products or an affiliate product that they may be interested in. As long as you are offering something they are interested in for free, they will not mind receiving an occasional sales offer.

Another good way to keep sending emails is to set up some audio articles on your website and send them the links. Your subscribers will love the convenience of being able to visit your site and kick back to listen to articles. You can get some great audio articles at:

[NicheAudioContent](#)

You can also tell them about other free eCourses you have and get them to sign up to them.

### **Are You Ready To Start Building Multiple Lists The Quick and Easy Way?**

You simply can't find a quicker way to build multiple lists. Are you ready to start making some serious income with affiliate programs and your own products? Well, what are you waiting for? Get your eCourses NOW!

<http://www.ecoursesmonthly.com/listbuilderSF.html>

I hope this eBook has helped you. Keep working at building your list and before you know it you will have a huge list or maybe even multiple lists. You know the money is in the list, so it is well worth your time and effort to keep it up.

Good Luck,

Tracie Johansen

<http://www.ecoursesmonthly.com/>

Continue to make the demands of the day your immediate concern, and take occasion to test the purity of your hearts and the steadfastness of your spirits. When you then take a deep breath and rise above the cares of this world and in an hour of leisure, you will surely win the proper frame of mind to face devoutly what is above us, with reverence, seeing in all events the manifestation of a higher guidance.

Goethe, Johann Wolfgang von

