## GenClassificeds.com

## **WEB DESIGN**



Location **Alabama** https://www.genclassifieds.com/x-512608-z



I am a freelance website builder. I offer all of my services at affordable rates, Guaranteed to beat the competitors.

I offer SEO (search engine optimization) including Social Media and PPC (pay per click) campaign set up and management. I also provide content for those who do not have any.

Call me or email me if you have any questions and I will be glad to show you a list of portfolios for both Website design and SEO work. I am here to help people looking for an affordable professional website, SEO, E-mail Marketing and Social Media services.

- -Website Design
- -Graphics Design
- -APP Development (Apple & Droid)
- Wordpress, Magento, Joomla, Big Commerce
- -CSS
- -PHP
- -HTML
- -SEO
- -PPC
- -SOCIAL MEDIA

<b>0</b> 1	WEB	DESIGN
	https://www.genclassifie	.ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie	ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie	.ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie	:ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie	:ds.com/x-5
	WEB	DESIGN
	https://www.gendassifie	ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie	ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie	ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie	:ds.com/x-5
	WEB	DESIGN
	https://www.genclassifie 12608-z	ds.com/x-5



In his book "Change Your Brain, Change Your Life," Dr. Daniel Amen talks about "ANTs" - Automatic Negative Thoughts. These are the bad thoughts that are usually reactionary, like "Those people are laughing, they must be talking about me," or "The boss wants to see me? It must be bad!" When you notice these thoughts, realize that they are nothing more than ANTs and squash them!

## 7. Practice Lovin', Touchin' & Squeezin' (Your Friends and Family)

You don't have to be an expert to know the benefits of a good hug. Positive physical contact with friends, loved ones, and even pets, is an instant pick-me-up. One research study on this subject had a waitress touch some of her customers on the arm as she handed them their checks. She received higher tips from these customers than from the ones she didn't touch!

## 8. Increase Your Social Activity

By increasing social activity, you decrease loneliness. Surround yourself with healthy, happy people, and their positive energy will affect you in a positive way!

Since 2006 I have been working with computers. I learned to build and repair them. From desktops to laptops and even some tablets. I do hardware repairs mostly along with OS installs and case cleaning. I also do some repairs on flat panel monitors and TVs. Depending on the severity of any viruses, I can try and remove those as well. I do this as a hobby to help family and friends and now I would like to help others. I don't charge much and have always had happy customers. Need help or got any questions? Just reply to this post and lets see what I can do for you. Thanks for reading. We are highly trained & experienced IT Professionals that have worked for Fortune 500 companies, within enterprise - level environments. You can count on us to effectively resolve any issue you may be experiencing with your Windows-based or Mac computer in a reliable & timely manner. Please call or text us for more information. If you do not reach us upon calling, please leave a voicemail, as we will