

# TECHNOLOGY IN OUR LIVES

## A Tech-Savvy 2007: How Technology Can Make Resolutions Work for You

(NAPSA)—3-2-1...Happy New Year! A new year has begun, which means millions of Americans have set goals and resolutions for the upcoming year. If only it were as easy to meet those goals as it is to make them! Statistics show that of the 100 million people who make New Year's resolutions every year, only about 20 percent actually keep them. Although that number is staggering, technology may be the solution that resolution-breakers have been waiting for.

### Love Your Body

According to the American Obesity Association, 64.5 percent of American adults are overweight. If the traditional methods of weight loss aren't working, it may be time to consider what many are snoozing to: self-hypnosis CDs. Reportedly, hypnosis has been tested and proven to help achieve faster and more effective weight loss through healthier foods and smaller portions. Visit <http://www.weightlosshypnosis.com> to learn more.

### "So Over" the Singles Scene

Finding romance is an age-old quest and a top-ranking resolution. If you weren't struck by Cupid's arrow last year, it may be time to try something new. Millions of people searching for new and fun ways to meet people are turning to dating Web sites to spice up their love lives. And they often work! It is estimated that in the last year nearly 200,000 people found their sweetheart using the popular dating site Match.com.

### Don't Let the Ball Drop on Finances

Tired of wondering where your paycheck went at the end of every

People who bank online can get financially fit with a service that brings all their accounts together, keeps tabs on every nickel and includes budgeting tools and bill-pay features.



month? Every January, millions of Americans start the year with great intentions but find that financial resolutions are not always easy to keep. Avoid financial freak-outs this year with Microsoft Money Essentials, a new offering designed specifically for people who bank online and want an effortless way to get financially fit. Money Essentials brings your accounts together, keeps tabs on every nickel and dime with spending trackers, and includes budgeting tools and bill-pay features—all in one place. Download Money Essentials now for \$19.99 or try out a free 30-day trial at <http://www.microsoft.com/money>.

### More Time

Life would be so much easier if we could just make more time. More time for the laundry, a phone call to Mom and Dad, or even to mail the holiday cards still sitting on the kitchen counter. Adding an extra hour to the day may not be possible, but using technology such as a personal digital assistant to get organized may be the next best thing. Windows Mobile-powered Smartphones help you keep track of schedules, contacts and to-do lists and also function as cell phones. To find a Smartphone that's right for you, visit <http://www.cnet.com>.