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However, keep in mind that avoiding third-party website fees doesn't mean you'll necessarily be making more profit. If you're Web-savvy, you can set up your site to accept payments through credit card transactions, but you'll still have to pay credit card fees. An easier route might be to accept payments via PayPal. However, PayPal also has fees. According to PayPal, every transaction charges 2.9 percent of what you receive, plus 30 cents. In addition to transaction fees, you may have to hire a Web designer to create a niche website for selling your used books, unless you know how to design websites yourself. You'll also need high-quality photos and descriptions of your books. Frequent blog updates can help your site rank higher on Google. However, you'll be starting from scratch gaining website visitors rather than working with a website that already has an established audience. Before choosing the niche website option, weigh your pros and cons to make sure it's the best option for your business. If you want to sell used books, you don't have to limit yourself to traditional reselling methods. If your book is more than 20 years old, you can sell it as a vintage item on Etsy, or get even more creative than that! Some sellers turn their used books into creative craft projects. Your audience for these types of sales might be vastly different from the audience for typical used books. Rather than selling to the person who would be interested in reading the book, you'll be selling to the person who will want to display this type of art in her home. For these projects, your audience will be shopping on craft sites like Etsy, where handmade items are commonly sold. Post your item under categories such as art and collectibles, prints, vintage book, upcycled book print, mixed media and collage or book art. You also can tag the gift according to holidays it fits with, such as Valentine's Day, paper anniversary, dating anniversary, or gift for newlywed. Using categories like these will help you find your target audience. You have many choices when turning used books into crafts. For example, some particularly creative sellers turn their used books into folded book art. This is when the pages of a book are folded to create a 3D image of a word or picture. Also, popular are pieces of artwork that use a page from a used book as a backdrop, with a printed or drawn image on top. These pages often are taken from used dictionaries. Other creative sellers may take a used book and cut out the pages inside to create a hidden compartment that can hold a small item such as a key. Before starting one of these types of projects, which can be more time-intensive, look at what else is out there and see if similar projects are selling well. Whatever method you choose for selling used books, the process isn't without risks. However, if you research the used books before you buy them, you can make sure you'll make some profit off the purchase. The most taken-for-granted concept is that there is an absolute definition for what is "normal." No such definition exists. Hyperactive children were considered "normal" (or at least within the normal range) until ADHD (attention deficit hyperactivity disorder) was discovered, researched, and created as a distinct diagnostic category. A woman who exhibited her independence and did not obey her husband in 1897 was just as likely to be diagnosed as having some type of "neurosis" and likely committed to a mental hospital. Nowadays, women who exhibit their independence are rightfully as "normal" as men who have done so since the beginning of time. There is a tendency amongst professionals in the mental health field to look for and diagnose that which doesn't fit within their cognitive paradigm of what is "normal." I am not certain that this is an increasing trend, although the increased diagnosis of many disorders in the past decade might be attributed as much to this phenomenon as other explanations (e.g., better education, research, etc.). My favorite example of this phenomenon, in my mind, is the tendency of mental health professionals to misunderstand and misdiagnose overuse of the Internet with little to no baseline data. How can one talk of "overuse" when the data which exists today is very preliminary in terms of "normal" Internet use. IntelliQuest, a company who conducts surveys for the marketing industry, estimated that 51 million Americans are online in 2Q, 1997. They state that a "proportion of extremely active users (20%) who spend 10 hours or more per week online, but nearly 40% of all users said they were spending more time online than they did a month ago. Where are they finding the time? Most said by watching less television." This survey is well-designed and respected within the industry as providing relatively accurate estimates. Leonard Holmes, Ph.D. writes this week in an article about studies presented at the last APA convention in August, which have contradictory findings. One survey of online users found 19 hours per week of Internet use was the average (Brenner, 1997). Kathleen Scherer's 1997 study of college students at the University of Texas at Austin found that pre-defined "dependent" users of the Internet spent an average of 11 hours online per week. Morahan-Martin and Schumaker found in a smaller survey that "pathological users" spent an average of 8.5 hours online per week. Keith Anderson's preliminary results from a study of 1,000 students in multiple universities around the world found that for the total population of his subjects (includes users and non-users of the Internet), 9.5 hours per week is typical. Psych Central's own survey suggests that the majority of our readers spend anywhere from 7 to 14 hours per week online. Obviously, by looking at just the amount of time spent online, we cannot make a determination of what is "normal" and what is not. So how about if we looked at some of the other "criteria" being used by researchers to determine when Internet time is becoming problematic. IntelliQuest's survey findings state that people are most taking additional time spent online away from television. Is that so bad? Brenner (1997) found that existing criteria for the determination of addiction or addictive behavior can be found even amongst those who do not overuse the Internet. A full 80% of his subjects reported at least 5 of the 10 signs measured that the online world was interfering at least minimally with normal functioning. Scherer's 1997 study only required that people meet 3 out of 10 similar criteria to be labelled as "dependent." Morahan-Martin and Schumaker (1997) found increased usage of online interactive games and FTP, but not online chat, amongst "pathological" users. Anderson's study found an increase in games and FTP, but also a significant increase in chat as well. Anderson also discovered the need to control for type of college student under study, since his hypothesis seems to have been confirmed by his data. That hypothesis was that science and technical majors will spend significantly more time online than liberal arts majors. Both Scherer and Morahan-Martin & Schumaker's studies were exclusively on undergraduate students without identifying and controlling for type of major of the student. Their data, therefore, may be biased. So we have discovered that we cannot define overuse of the Internet based solely upon time spent online, since estimates still vary widely as to what is considered normal or appropriate (from 5 hours to 20 hours per week). We cannot examine criteria used to help diagnose other addictive disorders, since they appear to be relatively commonplace even amongst casual Internet users. What are we left with in terms of a disorder specifically caused by the online world? Exactly where we were originally. No such disorder at this time has been proven to exist. Research to date is still muddy, inconclusive, preliminary and contradictory. Until much more careful research is conducted, overuse of the Internet may exist (just like people can spend too much time at work, to the detriment of their relationships, family life, personal enjoyment, etc.), but it is not a disorder. Mental health professionals and researchers should stop trying to focus on proving that a disorder exists here (notable is the lack of research looking for a "workaholism" disorder). Time would be better spent understanding and examining the pros and cons of online use, and how to best help someone who might be overusing the Internet in an effort to cope with their real life problems, or lack thereof. Fifty years from now, when everyone is wired and connected online all the time, these debates will probably seem quaint and nonsensical. Because, after all, what is "normal" changes more often than we think! Well, that's all for this week. Take care and keep in good mental health...More information about Internet Addiction is available from Psych Central.editorial references:Anderson, Keith. Internet survey results. Private correspondence. August, 1997.Brenner, Victor. Parameters of Internet Use, abuse, and addiction: The first 90 days of the Internet Usage Survey. Psychological Reports, 1997, 80, 879-882.Morahan-Martin, Janet and Schumaker, Phyllis. Incidence and Correlates of Pathological Internet Use. Paper presented at the Annual Convention of the American Psychological Association. August 1997.Scherer, Kathleen. College life online: Healthy and unhealthy Internet use. Paper presented at the Annual Convention of the American Psychological Association. August 1997. If you want the whole shi-bang of over 10,000 separate resources that have to do with psychiatry and mental health online, then you might want to visit Psych Central. It's the largest and most comprehensive site of its kind in the world and we're looking to build upon it in the upcoming years, acting as a super guide to mental health online. If you didn't find what you needed here, look there next! The classics. They're the bane of many a high schooler's existence. And yet, we all have one or two (or 20) classic books that we've been meaning to read... eventually. But when you walk into the bookstore, you're instantly distracted by all those shiny new books, and it seems like up and coming YA authors probably need your money a lot more than Charles Dickens does right now. Lucky for you, though, there's this secret, hidden realm known as the "public domain," where you can read all the classics books your literary heart desires. Right now. For free.Websites like Project Gutenberg have collected tens of thousands of public domain books for your reading pleasure. You can download e-books for your phone or kindle, or just read them right there in your browser. So if you're looking for a free way to read more contemporary works, allow me to direct you to your friendly local library. But if you're looking to read up on the classics, right now, from the comfort of your own phone, laptop, or sci-fi ocular implant, then here are a whole slew of incredible books that can be found and legally read for free in the wilds of the web:1'Pride and Prejudice' by Jane AustenPride and Prejudice is the rom-com to end all rom-coms. Just try not to fall for the awkward, rich, emotionally repressed Mr. Darcy as he goes about unintentionally ruining Lizzie's life (and finally, awkwardly, sweeping her off her feet).2'The Count of Monte Cristo' by Alexandre DumasThe ultimate revenge tale still holds up over 170 years later. In Alexandre Dumas' classic novel, a man is imprisoned for a crime he didn't commit, and decides to deal with it by becoming fabulously wealthy and then utterly destroying the men who imprisoned him.3'Dracula' by Bram StokerEvery sexy vampire in modern media owes a huge debt to the original Count himself. Bram Stoker's Dracula is rightfully known as one of the greatest horror stories of all time, complete with bloodsucking, shape-shifting, and one very charismatic Transylvanian.4'Alice's Adventures in Wonderland' by Lewis CarrollThe trippiest of classic children's books is still a great read for adults. Join little Alice as she falls down a rabbit hole and deals with all kinds of weird nonsense while continually eating unidentified objects and changing size all over the place.5'Adventures of Sherlock Holmes' by Arthur Conan DoyleSherlock Holmes is everyone's favorite irritating detective, along with his long-suffering sidekick, Dr. John Watson. Read all about their adventures in this collection of mysteries, and put your own deductive powers to the test.6'Frankenstein; Or, The Modern Prometheus' by Mary Wollstonecraft ShelleyYou probably know Frankenstein's monster as that big flat-top fellow with the neck bolts. But if you read Mary Shelley's original novel, you just might discover that the real Frankenstein's monster is a sensitive giant baby-man who speaks French and just wants to be loved.7'Incidents in the Life of a Slave Girl. Written by Herself' by Harriet A. JacobsIncidents in the Life of a Slave Girl is the collected memoirs of Harriet Jacobs, who survived slavery in North Carolina and seven years of hiding in a tiny, coffin-like room. She eventually escaped to reunite with her children in the North, and wrote this beautifully nuanced account of her life and her perilous road to freedom.8'The Complete Works of William Shakespeare' by William ShakespeareLook, you don't really have to read all of Shakespeare. But you do have the option to, with this free edition of The Complete Works. Here you'll find every last Shakespeare play, from the classic tragedies to the forgotten comedies to the very, very long histories.9'Jane Eyre: An Autobiography' by Charlotte BrontëJane Eyre is a great book to read if you're considering getting married to your boss, but you haven't yet checked his attic for any lurking ex-wives. It's a classic coming of age tale, a Gothic romance, and a surprisingly modern take on being a young, independent woman.10'The Picture of Dorian Gray' by Oscar WildeThe Picture of Dorian Gray teaches us all a valuable lesson: hot guys are evil and not to be trusted. Sure, there's a little more to it than that, but you'll just have to read it for yourself and find out.11'Anne of Green Gables' by L. M. MontgomeryOne of the top two spunky redheaded orphans named Anne, Anne of Green Gables is that rare, delightful character who never seems dated. She's always there to cheer you up with her various scraps and fantasies and her bucolic Canadian country life.12'Ulysses' by James JoyceUlysses is famous for being long and confusing, but now you can test that reputation for yourself. Sure, Joyce's writing style is a little unconventional, but if you can get past the forty page run-on sentences, you might find that Ulysses is one of the strangest, funniest, most beautifully human books out there.13'Little Women' by Louisa May AlcottFour sisters grow up together in Louisa May Alcott's Little Women, dealing with minor trials and devastating tragedies as they go. It's a coming-of-age story that puts sisterhood front and center, in all its joy and frustration.14'Narrative of the Life of Frederick Douglass, an American Slave' by Frederick Douglass15'Les Misérables' by Victor HugoVictor Hugo revolutionized the idea of writing fiction for social change with his stunning (and very long) novel, Les Misérables. Hugo tells the stories of various French citizens, all revolving around Jean Valjean, a man who was imprisoned for nineteen years for stealing a loaf of bread.16'Great Expectations' by Charles DickensOne of Dickens' best loved works of fiction, Great Expectations has plenty of Dickensian orphans, reversals of fortune, poverty, crime, and one terrifying spinster in a rotting wedding dress.17'Twenty Thousand Leagues Under the Sea' by Jules VerneLet's clear this up once and for all: the twenty thousand leagues refer to distance traveled while under water, not depth. They are not twenty thousand leagues deep. Also it's one of the greatest hard sci-fi novels ever written.18'Poems by Emily Dickinson' by Emily DickinsonJoin your new best friend Emily Dickinson for a reclusive journey out into nature, where you might brush up against all manner of flowers and also probably Death itself.19'The Souls of Black Folk' by W. E. B. Du BoisIf you've heard the phrase "double consciousness" tossed around recently, that's a reference to The Souls of Black Folk by W. E. B. Du Bois. One of the seminal works in the history of sociology, this book collects some of the foundational essays about race in America, still all too relevant today.20'The Works of Edgar Allan Poe – Volume 1 by Edgar Allan Poe'The Works of Edgar Allan Poe' by Edgar Allan PoeThe Works of Edgar Allan Poe can be found online in several disturbing volumes, complete with all of his creepy poetry, his murderous tales, and everything in between.21'The Awakening, and Selected Short Stories' by Kate ChopinThe Awakening is often credited as one of the first modern feminist novels. Chopin's heroine gradually "awakens" to the fact that she, and most women, are systemically oppressed by society. So Edna decides to take her life into her own hands, regardless of what her husband or anybody else wants for her.

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