

Women's Health

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QWERTY

A keyboard configuration named for the first six letters in the upper row of keys; standard on most phones and mobile devices. You can spare your thumbs from endless text messages (an estimated 363 billion were sent just last year!) by using a voice-to-text service such as SpinVox (spinvox.com), which for \$6 a month converts an unlimited number of spoken messages to texts. SpinVox is currently available for only Alltel and Cincinnati Bell subscribers, but a major carrier is expected to pick it up sometime in 2009.



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