

Social Bookmarking On Spinach  
(aka The Authority Tagging Method)



By Mark Dickenson

[Backlink Bully](#)

With Permission of Lisa Parmley

Of

[InlineSeo.com](#)

Hello Everyone,

Welcome to my newest set of videos.

Rather than calling it Social Bookmarking on Steroids...I decided to Nickname these videos Social Bookmarking on Spinach.

Why? Because if anyone has seen the cartoon Popeye, you knew not to mess with him after he ate his spinach...and besides, it has a nicer ring to it than steroids.

This method is based on the very popular Authority Tagging Video by Lisa Parmley of Inlineseo.com

The idea is to quickly build links to your site as well as building links to your links.

These are actually Lisa's ideas...but I wanted to contribute to her course and offer some tips and tricks I found when I first started implementing the course.

So.....

Lets get started

Step 1. Hopefully you have watched Lisa's [Authority Tagging Video](#).

This course will not make sense unless you have watched the videos or read the report.

Step 2. Download the [Authority Tagging Report](#)

Step 3. Watch the videos....and when you finish, go through the rest of this report.

[Google Slingshot](#)

## Videos

[Video 1](#)-Intro

[Video 2](#)-Using A-1 Webmarks to Troubleshoot Delicious

[Video 2a](#)- A word about the Google Dance

[Video 3](#)-Creating RSS Feeds For Sites That Don't Have them

[Video 4](#)-Using The Rest Of The Sites

[Video 5](#)-Ping Your Bookmarks

[Video 6](#)-Mixing Your RSS Feeds

[A1-Webmarks.com](#)

PR 5

No Follow

RSS Feed? No

Instructions in video

[mylinkvault.com](#)

PR 6

DO Follow

RSS Feed? NO

Instructions in video

...Continued on next page

[Google Slingshot](#)

[Jumptags.com](http://Jumptags.com)

Pr 6

No Follow

RSS Feed? Yes

Go to settings(at top)=>Import from browser=>Select whether your file on desktop is a firefox or IE

When you import and look at your jumptags, make sure you click on view public jumptags.

If your jumptags are not public, you can use the select all feature and click make public

[Connotea.org](http://Connotea.org)

PR 7

DO Follow

RSS Feed? YES

This little known gem is an absolute beauty. High PR, Do Follow, and has an RSS feed

Go over to the toolbox to the right and select import from Local File...very easy

[www.oneview.com](http://www.oneview.com)

PR 5

Do Follow

RSS Feed? Yes

Go to the Top and click on Settings=>Tools=>Import Bookmarks.

There is also a tools link to the right

...Continued on next page

[Google Slingshot](#)

[Simp.com](http://Simp.com)

PR 6

NO Follow

RSS Feed? Yes

When you login, the first thing it will ask you to do is import your bookmarks. Very easy to do

[Diigo.com](http://Diigo.com)

PR 7

No Follow to your URL

RSS Feed? Not to your links...I couldn't find the feed so you'll have to create a feed from your library page

TO import-Go to tools at top=>Diigo Tool Bar=>Import

[Folkd.com](http://Folkd.com)

PR 8

DO Follow

Go to Add Link=>Import Bookmarks=>Select Appropriate File(ie firefox, IE etc)=>Select Import all...then go to the bottom and add selected bookmarks to folkd

Make sure they are public

Good news is this site is High PR and is do follow.

Bad news is, it doesn't seem the RSS feed is working so you need to go to your bookmarks page and create your own feed...no biggie

...continued on next page

[Google Slingshot](http://Google Slingshot)

[Secondbrain.com](http://Secondbrain.com)

PR 5

Do Follow(Title Is no follow but the URL is Do Follow)

RSS Feed? Yes

Registering this site is a little funny.

When you reach step 3 after you click the activation link it will ask you to enter your username.

Leave that field blank. Otherwise it will give you a username unavailable.

just make sure your email is in the appropriate field and click save

Then, the first screen you see will ask you to import your bookmarks.

### Recommended Resources

[RSS Bot](#)- My favorite RSS tool. I have RSS Submit as well but that costs about 5 times the current price of RSS bot and I haven't noticed a difference

[Sean Donahoes FREE Ping Tool](#)- Very cool tool. Use it to ping your bookmarks after importing.

[Free RSS Submitter](#)-I haven't tried this as I have always used RSS bot... but have heard good things about it

I don't believe it submits to as many sites as RSS bot, however.

[Inline SEO](#)- If you are looking for a complete SEO Course, this gets my highest recommendation

I hope you like the videos. More to come ☺

-Mark