Problem: Implement a program using Python to store and manage a simple contact list in a MongoDB or MySQL Database. The program should get contact information from a given JSON file and then allow the user to perform various operations on the data.

Here are the operations the program should handle:

1. Get the JSON (contact_list.json) from a file to add a new contact with a name, email, and phone number.
2. Normalize the phone numbers (e.g., "+1-XXX-XXX-XXXX") to a standard format before storing them into the database.
3. Retrieve all contacts in the database.
4. Retrieve a specific contact by name or email.
5. Update the phone number of a specific contact by name or email.
6. Delete a specific contact by name or email.

You can choose between MongoDB and MySQL for your database. If you choose Mongo, you can connect to and interact with the database using the 'pymongo' library. Alternatively, if you choose MySQL, you can use the "PyMySQL' library. This is optional but considered a plus: Use multithreading or multiprocessing to improve the performance of your program, for example, by handling concurrent database transactions when storing contact information.

Here are some guidelines to help you tackle this problem:

1. Set up a local Database instance or use a cloud-based database service.
2. Create a new database and collection/table for your contact list.
3. Apply OOP principles to design and structure your program in a way that makes sense to you. This could include creating classes for contacts and a contact manager, but the exact implementation is up to you.
4. Use the pymongo (Mongo) or PyMySQL (MySQL) library to interact with the database.
5. If time allows, consider using multithreading or multiprocessing to improve your program's performance.
6. Create a command-line interface to allow the user to interact with the program.
7. Test your program thoroughly to ensure it works correctly and handles errors gracefully.