



RUSSELL R. SHIPPEE PRESENTS

Bethe **BEST** You Can Be.net

To see the version with all the graphics and pictures please click [Here](#) 3-5-09 #78

Join Our Mailing List!

Thanks for forwarding this newsletter to you friends to join our mailing list. It works for everyone. Do be sure to forward it to those whom you know will benefit from it.

Dear Friends,

Even President Obama is telling people to invest in themselves. He must have been reading our newsletter.

What is fear?

False evidence appearing real

We need to express our confidence rather than fear. Fear only limits us and keeps us stuck. Confidence moves us forward, onward, and upward. Even if we are wrong, we are one step closer to being right when we take action. Remember, do that which you fear, and the death of the fear is certain.

Do not FEAR the opportunity to GET UP. Getting up is the only acceptable option. Agree?

As you get up, set your sights high. Shoot for the moon. If you miss, you'll at least hit a star.

[Be the BEST You Can Be Bookstore](#)

You can still order a Kindle below. Yes, they are back ordered. However, the sooner you order the sooner you will get yours. You may have read Walter Mossberg's review on the Kindle in the Wall Street Journal. He also recommends it. Is he reading our newsletter also?



Russell & Cathy Shippee

Quotes

"Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do."

Pope John XXIII

"Never talk defeat. Use words like hope, belief, faith, victory."

Norman Vincent Peale

"He who asks a question is a fool for a minute; he who does not remains a fool forever."

Chinese Proverb

"Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold."

Helen Keller

"If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest."

Benjamin Franklin

I have tested and so have others using the subliminal video products listed below. They are well done and many can use them NOW to assist them. I was allowed to chose between 3 price points and choose the lowest price, giving you the best value. They can't hurt, and they can sure help.

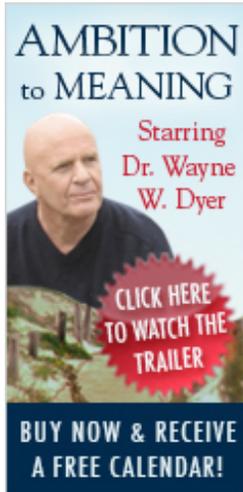
The sooner we start, the sooner we succeed. How about today?

Enjoy the Journey,

Russell R Shippee

LIVE THE LIFE YOU DESIRE





Cameron's Comments

My parents bought me the sweater and hat with an anchor for when I go sailing with grandpa.

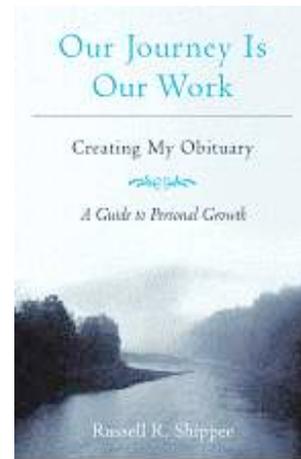
When I saw the title this week, GET UP, I thought he was referring to me when I fall. I do get up and I do keep going. To me, that is just what we are to do and what is natural. I was surprised when he told me some people older than I do not get up and keep going. Is he wrong, again?

Keep reading. He is bound to let me write again soon. Be sure to remind him.

**Got No
Willpower
Over Food?**



THINK RIGHT NOW!



Reader Feedback

I must tell you that your book has brought me much comfort.But not until I've opened the book and read a chapter or two. I don't bookmark it, meaning read it sequentially. Whatever page I open to, I start there. And there's always something new I learn; it makes me think, and hopefully still grow as a person. Last chapter I read was on forgiveness. Appropriate for the times. (name withheld)

Learn to Create and Enjoy the Journey!
Buy it [HERE](#)

MASTER MIND GROUPS

Are you ready?

Do you dare?

Do you want the benefit?

Reply NOW and let's see if it is right
for YOU.

BILLIONAIRE BUSINESS SYSTEMS

LAST CHANCE TO SIGN UP

I recommended this learning center for their fee of \$100 as I felt it was of value.

Well, it sure was. They have raised the price for 1 years access to \$1,000. WOW.

You might want to at least check out what he is doing and has to offer [here](#) and [NOW](#)

Tool Kit Lecture

Toolkit for

Living the Life You Desire

**Tuesday March 10th 3 PM EST
Thursday March 12th 10 AM EST**

Hit reply to this email and tell us what lecture you want to join. We will send you the details. The lectures are free to subscribers.



CHANGE your LIFE in just MINUTES!
Watch these **SUBLIMINAL** Videos.



Introducing the all new Kindle 2

See Kindle 2 Now
www.amazon.com/kindle

Shop now 

privacy

Feedback

I asked my inside circle of reviewers and editors of the newsletter for feedback on our progress. Here a reply I thought you'd enjoy...

Didn't change anything!!! Either you are getting better or I am sleep-reading this!!!

Q

Get Up

OK, the economy, the unemployment, the slowing and stopping sales of everything, has knocked us all down. Yes, everyone is affected, regardless of whether they admit it or not.

So, we are all suffering, hurt, or restricted to some extent. Even those with an income that stays the same feel it psychologically. It is in the air and in our beings.

So, what can we do? We are only one person, and the problem is so big, worldwide, and so overpowering to us, just one person.

Get up and get going. Take action. Take a step forward. Start. It is in the action, the starting, the first step that leads to further action, further steps and success. The first step, the first action is the hardest. The ocean is made up of drops of water.

No, you do not have to know where it will end nor what all the steps are. You need only to know what the first step is and then to take it. The answer will be there when you need it. The answer is waiting for you to get to the point that you need the answer and can use the answer.

When you go on a road trip you do not wait for all green lights before you start. You start and you take the lights, the road construction, and the detours as they come. A ship going across the ocean is always off course, and always correcting to course so it ends up in the harbor that was intended. It is that simple.

Lasting and meaningful success and accomplishment does not materialize in a day. It may take years. You will feel good, you will feel empowered, and you will feel worthwhile when you take that first action step. Sure, you might have some concern but keep going and keep doing. Your concern will change to excitement as you see the progress.

You have nothing to lose. Everyone has already lost material value. The first ones up and the first one moving are the first ones to see and feel the replacement of that which was lost.

If you do not have a job, sharpen your skills, learn new skills, and make yourself more valuable. There is always something you can do.

It is easier to start something, learn something, or even make an effort that does not work, than to do nothing. Doing nothing means failure and creates time for self pity. Doing something is empowering in itself.

Too old is a state of mind. Too old is an excuse. Age is a benefit as much as you may think it a drawback. Age is also wisdom and experience. Work and learning helps to keep us all sharp and on our toes.

The good news is that many of us now have more time to learn and make new efforts. Time is of great value and many now have that value. You can change your habits in order to allocate more time to doing. Shut off the news and do not spend time reading negative articles about the economy. Focus on the good, the growing, and the value that exists.

Know that you have done it in the past, know you have had success in the past, know that you have earned a living in the past. So, you have done it. You can do it again. You can do it, and you can do it better than before. Yes, you can. Will you get up? Will you make the effort? Will you get up and start?

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to rshippee@lighthousepartnersllc.com by rshippee@lighthousepartnersllc.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Lighthouse Partners LLC - BetheBestYouCanBe | 1 Poplar Ave | Wickford | RI | 02852
