

RUSSELL R. SHIPPEE PRESENTS

Bethe **BEST** You Can Be.net

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Russell & Cathy

Quotes

"Your only limitations are those you set up in your mind, or permit others to set up for you."

Og Mandino

"The greatest evil that can befall man is that he should come to think ill of himself."

Johann Wolfgang Von Goethe

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it."

Dear Russell,

THANKS to all the new readers. Our readership is increasing, and I am grateful.

The pictures are at the Geyser at Yellowstone National Park and also on the Gondola at Jackson Hole, Wyoming. The trip was fantastic. Hal and Karen, great friends, joined us as they do every year for a March ski trip. We are fortunate to have such good friends. How about you? Who are you grateful for?

I used to get angry often, and my children all enjoyed it when, as they say, the vein on my forehead stuck out. That is when they knew I was very angry. Fortunately, that rarely happens any more.

What makes you angry? Have you looked within the anger to see the cause? Did it surprise you?

Yes, I am back to work. I am going to accept five new clients for a 90 day program. Do you want to be one of them? See below. You'll be glad you did.

Did you see the Self Growth site I mentioned? I am listed as an expert in empowerment. Interestingly, many of the experts ask to be listed on my site. I have listed a few that have asked after reviewing them. No, I have not personally used all the products or read all the books. However, I did think that there is a value for some of you. So, go [HERE](#) and review the site as well as the friends listed.

Lately I am been amazed at the volume of self help, success, law of attraction, goal setting, ending procrastination, and the

Henry Ford

"People are anxious to improve their circumstances, but they're unwilling to improve themselves; therefore, they remain bound."

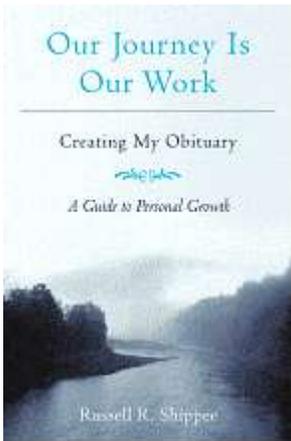
James Allen

"A pessimist sees the difficult in every opportunity; an optimist sees the opportunity in every difficulty."

Sir Winston Churchill

"When you come to fork in the road take it."

Yogi Berra



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like material that is sold at high prices. Statistically, few people use the material purchased. Without a coach, guide, or mastermind, people are less likely to follow through. Be careful.

Be *the* BEST You Can Be,

Russell R Shippee

Helping You, Motivating You, Encouraging You, to Be the BEST You Can Be

Are You Ready?

Do You Dare?

Why NOT You?



I will accept **5** new clients as follows:
2 hour initial goal setting/fact finding
2 calls a month
3 hours -- plus emails - questions as needed
3 month program \$1,500

[Click Here to Subscribe - You will be GLAD you did](#)

Who should take advantage of this?

Someone who needs guidance
Someone who has yet to empower themselves
Someone who needs empowerment
Someone who needs someone to help them get on the right track
Someone who needs a mentor

You WILL learn
You WILL grow
You WILL find a track to run on
You will Succeed
You will gain Confidence

You WILL find a friend motivating you with humor and encouraging you to be the BEST you can be

You will be Glad you did. YOU are worth it !

When TODAY Why, if not NOW, when?

How reply to the newsletter and say "YES, I want to be one of the lucky 5" and provide your telephone number.

Anger

Anger, a negative and harmful emotion, is being mad, hurt, or frustrated.

Our anger is a signpost and a message for us. When angry, the best thing, and also the toughest thing to do, is to stop and reflect on the cause of the anger. The cause is rarely the event at hand.

Anger is a reaction to what the item or event brought up in your memory. Many times we are not truly aware of what caused our anger. When we seem to overreact, or react too violently, based on the situation, you can be sure that you are not reacting to the situation at hand.

In a perfect world you could stop when angry and determine the true cause of the anger. That is not the usual way it happens. Most often, after the anger has subsided, we can then revisit the feeling and learn from it. The real reason for anger is usually hidden within us.

The anger could bring up a memory of our childhood or a past negative experience. It could also

show us something about ourselves that we do not want to face. It can show us what we have done to someone else.

Use anger to understand your feelings, emotions, and history. In recognizing the anger, you can then reflect and learn from it. The anger can help you to understand hidden emotions and feelings that need expression. Allowing the expression will assist you and teach you. Yes, anger is a teacher.

Look back on a situation when you were angry and angry enough to say or do something that you now regret. In hindsight, did you overreact? Were the emotions raw and strong? Did the situation warrant it? If not, can you trace the cause of the overreaction? Sometimes we can, and sometimes we need help and guidance to do so. Once we realize the cause, we can then learn from it and adjust as needed.

If we see someone else get angry with us perhaps we can stop and realize that it may not be us but a reaction to something else that they are taking out on us and this situation. Realizing this, you can then let it go. There is no reason for you also to get angry. Two wrongs never make a right. By allowing the other person's anger you can help both of you to overcome it.

No, you do not have to condone or agree with their anger. The issue is to accept and allow what is. This is especially true if the answer has a much deeper cause.

We are never the cause. The cause is always the other person's action and reaction within themselves to what is. The same goes for us. It is not the other person but us. We have no control of others, but we do have total control as to how we react to others.

Anger only has value in the signs it shows us. Know the anger may have nothing to do with the person or situation at hand. If you are the one angry, then know it is you and your reaction more than what the other person did. Could you just let it go?

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