



RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Russell Shippee

Dear Friends,

Today is the best of times. Today is the worst of times. Which is it for you? Which do you want to make it? Which do you want to allow?

I was talking with a client about a business group he has been involved in for 10 years. It is a coaching, master mind type of group. He wasn't sure it was for him, he tried it, and he has stayed. Some months there is little value and some months great value.

In the worst of times, when it was a struggle to pay for, he found great value in the guidance that helped him turn it around to the good times. This is the value and what it is all about.

The name or the label can be misleading. Master Mind Group - Coach - Mentor - Consultant - Advisor. The answer is to try and find what works for you.

Quotes

Be the BEST You Can Be Bookstore

"The best way to predict the future is to create it."

Peter Drucker

"There is always room at the top."

Daniel Webster

"I want to know the thoughts of God; the rest are details."

Albert Einstein

"Kindness is a language we all understand. Even the blind can see it and the deaf can hear it."

Mother Teresa

"What a wonderful life I've had! I only wish I'd realized it sooner."

Colette

"A journey of 1,000 miles begins with a single step."

Chinese Proverb

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As the Best You Can Be Bookstore
We have divided the books into categories in spite of the fact they overlap. The list is updated so it is time to take another look. Take that step now.

SelfGrowth.com has a new book, 101 of the greatest success secrets, and it is written by many different authors. You get ideas and the chance to read many authors. I have not read this one, but I have another of their 101 books and it is good, so I feel comfortable recommending you click [HERE](#) and get the book.

Jump Start yourself today. See the Jump Start offer below. Yes, it is for YOU. Invest in yourself as well as a loved one.

The worst is to do nothing.

Enjoy the Journey,

Russell R. Shippee

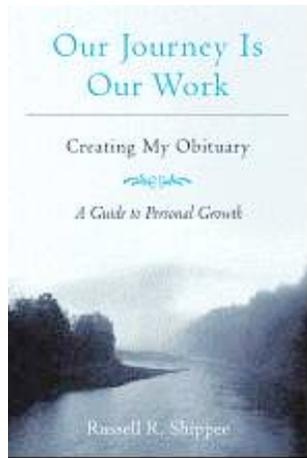
LIVE THE LIFE YOU DESIRE



Cameron's Comments

Yes, that is my Easter outfit. Don't we all like to wear something that people comment on? It makes me feel good. How about you?

I'm excited. The new web site is now being tested and I have my own corner. Hey, I'm also hoping for my own



email! Plus, one of my molar teeth came in. That was the worst for me.

The boat is almost ready. Why do people buy wooden boats? Many come by, shake their heads at all the work, but also say wooden boats look great. Remember, it is all about choices.

[HERE](#) is the place to get it NOW
right [HERE](#)

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Worst

What is the worst thing that can happen to you?

Is it death? Well, we are all going to die an earthly death. So, if that is the answer, the worst is guaranteed. It will be. The only thing in question is when. If that is the worst what does anything else matter?

So, if the worst is guaranteed and happens to everyone, is it the worst?

What is the next worst, or the first worst, if death is not the first? Will it happen? Is it guaranteed to happen? What then?

Many times what we feel to be the worst, or one of the worst, happens. It happens in that we focus on it and draw it to ourselves. After a period of time, many times we find that worst thing was a blessing in disguise. That worst thing led us to change, and the change was good. The worst ended up being good, if not the best.

The old saying is, Where God closes a door he opens a window.

Know that the worst is not the worst. Your thoughts have made it so. In reality, it is no better or worse than anything else. Thinking just makes it so. Over time you will learn that the worst, that which you fear, is actually your friend and teacher. Once the lesson is faced and learned, you will benefit.

Look into your worst. What is it? What is it telling you? What is the lesson in it? Then go to the next worst and look at that. Working from the worst down the list of worsts you will have many lessons and insights.

Right now, April of 2009, we are in the worst economic time in many years. Our unemployment is high and the confidence level is at an all time low. Yes, for many it is the worst of times. However, there is also opportunity. The challenge is to change our perception and move forward, and to try and embrace what is and take steps today to change as needed. There is always something positive we can do and in the doing we will feel better, we will feel the hope, and we will feel the confidence we obtain in stepping forward.

In the past month people have made money in the stock market. As some business models tumble others grow. It is a time to try the new, to embrace that which you have wanted to do and try. It is a new world and the new reality offers opportunities.

Embrace the worst. There is much good, value, and learning for you in the worst. Why, it might be the best.

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