



RUSSELL R. SHIPPEE PRESENTS

Be the Best You Can Be

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Russell R Shippee

Dear Friends,

Welcome to our new subscribers, and thanks to our long term ones.

I am now on Twitter [HERE](#) and also on Facebook [HERE](#). No, I am not sure of the value, but only in trying it out will I know the value for me. What do you need to try? It's time. Take action NOW.

Our tele class on Family Business is for those in, thinking of getting in, or thinking of selling out of a family or closely held business. The cost is far more than money. The Toolkit for Work - Relationships - Life class is to help anyone work backwards, yes backwards, and to do it once. Do sign up and enjoy the class.

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

Check in and check out with a book. The marine section has now been added. We have included a number of books shows the grand old boats of years ago.

How can I serve? To make your life the best, ask, "How can I serve?"

Remember, you are the captain of your soul, and you can Live the Life you Desire.

Enjoy the Journey,

Quotes

"The way a person thinks about things is determined by what he believes about them."

Wallace D. Wattles

"If we open a quarrel between the past and the present, we shall find we have lost the future."

Winston Churchill

"One of the problems with relationships is that they involve other people. That's where it starts to get messy."

unknown

"It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change."

Charles Darwin

"The average dog is a nicer person than the average person."

Andy Rooney

Russell R. Shippee

LIVE THE LIFE YOU DESIRE



Cameron's Comments

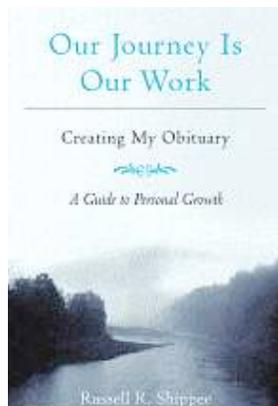
Thanks, I am feeling better. This picture was me at the boat with grandpa but still sick. Being sick is no fun so I did my best to get well fast.

The boat is in the water so grandpa is back at his desk. He's thinking of doing the newsletter every other week this summer as he did last summer. It is a function of being busy, serving clients, and wanting some time to sail and enjoy the family. Does he deserve it? What do you think? I think he should let me do the newsletter.

Me, I want the Toolkit AND I want a family business. Heck, I am already in a family business. I wonder what I need to know that I do not know about a family business? Hmm, am I being paid enough? I better listen in.

Shhh, grandpa bought the flip video camera and I think there will be video on the website, newsletter or both. I hope he uses me!

Write to me [CAMERON](#)



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Tele Class Schedule

Toolkit **work - relationships - life**

5-19-09 9:00 AM EDT
5-21-09 3:00 PM EDT

Family Business - Worth the Cost?

5-26-09 11:00 AM EDT
5-28-09 3:00 PM EDT

Please reply to this newsletter to sign up. Tell a friend also.



CHANGE your LIFE in just MINUTES!
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Betrayal

Yes, we have all been betrayed. We have all loved and lost, trusted and lost, helped and been cast aside, and had our friendship and support used to beat us. Yes, betrayal hurts, lingers, and causes us to put up defenses to protect ourselves.

Betrayal is a very difficult life lesson. Forgiving someone for cutting you off on the highway is easy. Forgiving someone you loved and trusted as part of your inner circle that took advantage is close to impossible for many. Over a lifetime it happens to everyone. No one is immune from betrayal and the lingering resentment.

In life, we are given a lesson, such a betrayal, and then we repeat the lesson until we learn it. Phew, the

tougher the lesson the more often we repeat it until we learn it. However, the tougher, the more rewarding the results, when we learn the lesson.

To learn to forgive is not too difficult. But, to forgive someone close is a real challenge. Once you can do it, the results themselves are rewarding. You are free.

We all do what serves us and we all justify what we do. So, we have most likely betrayed someone else and let go of the feeling and moved on. We have to do the same when someone betrays us. Then we should move on and continue. We can only move on when we forgive. Forgive and move on.

Often we are stuck and can't move on. Our story, our truth, builds and builds. However, were we to listen to what the other party said we might not recognize the situation. Often, they have a totally different view of it and their perception of the truth. Who is right? Both. Both are right in their own minds based on what they have told themselves.

Yes, it is better to have loved and lost than not to have loved. Sure, close relationships have risk. But, the reward is far greater than the risk. Sometimes, years later, the relationship is renewed and ends up stronger than before.

What value is there dwelling in the past, especially on a past hurt? What value is there in getting even or hurting another? When we do that we are the ones who are hurt. Why not focus on the positive, move forward, and work towards your life objectives? That will feel good, positive, and give you energy and excitement.