

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net



Russell & Cathy 4th of July

Dear Russell,

WOW! Many replied quickly with the correct answer - Africa.

For those who did not read last week's newsletter, we had asked what country Burkina Faso was in and offered a prize of the workbook *Living My Life on Purpose* to the first 3 correct answers.

There is an issue with time zones. Some people did not have a fair chance to be one of the first three. We have decided to offer the *Living My Life On Purpose Workbook* for 50% off in order to compensate. This offer is for EVERYONE. Take advantage of it. You'll be glad you did. See the gold area at the bottom of the letter.

Quote

I generally avoid temptation unless I can't resist it

Mae West

Quote

It is one of the most beautiful compensations of this life, that no man can sincerely try to help another without helping himself

Ralph Waldo Emerson

Next week is July 4th and that is a big date in the USA. The newsletter will **not** be published next week. We will be back on July 12th.

How much progress are you making on reducing or eliminating fear? Remember, today is a new day. Please share your story with us as appropriate.

What If's did you face last week? How did it feel? Were you not empowered? Great! Keep it up. If the IF made you uncomfortable and you avoided it you may want to look at it again this week. It will not go away until you face it and solve it. The worry and concern is far worse than the actual IF itself.

A person I will not name thought that I had written the article on Forgiveness just for her as she was heading to a family event. Well, it was written for all of us and applies to all of us. In her case she read it as she headed off for the family event.

This week we combine Forgiveness and Fear in a lighthearted article with a message that came to me over the internet. The author is unknown. It will make you *smile* as you learn and



Quote

The greatest mistake you can make in life is to be continually fearing you will make one

Elber Hubbard

Feedback

-

Please tell us what you like, what you don't like, what helps you, and what you'd like to see

-

Just hit reply to the newsletter

-

We want to hear from you!

-

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reflect.

Be Well,

Russell R Shippee
BetheBestYouCanBe

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

Feedback

I love your Thursday's with Russell!!! Not "Tuesday's with Mauri."

Sue Cape Cod MA

Excellent newsletter! Fear really is so much larger in our minds than it has any right to be. It's time to get real , get going, and get beyond the limitations of fear. This newsletter breaks it down into manageable bites that are very effective. Congrats to Russell!

Jaime Narragansett RI

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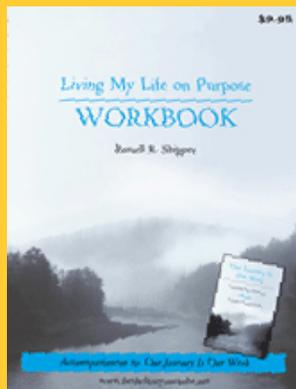
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Jaime Narragansett RI

Living My Life On Purpose Workbook



50% off for one week.

Click on the link and buy for \$4.95 this valuable ebook. It is on the products page.

You'll be glad you did. Please feel free to share it with others. The goal is to help people.

Do you want a teleseminar on the workbook? You would pay for the call but the seminar on completing the workbook would be free. Hit reply to the email and if enough want it we will provide it.

Life's Lesson

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do.

Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

Remember the five simple rules to be happy:

Free your heart from hatred - Forgive.

Free your mind from worries - Most never happen.

Live simply and appreciate what you have.

Give more.

Expect less.

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