



RUSSELL R. SHIPPEE PRESENTS

## Bethe BEST You Can Be.net

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**Russell & Erin Shippee**

*Dear Friends,*

*Oh, I almost forgot that tomorrow is Erin's birthday. Being the middle child, she thinks I forgot. Nope, not this time, even if she is the middle child.*

*Erin, Happy Birthday!*

Cameron wrote about responding. Boy, I used to do it wrong often. Now, not nearly as often. It is a great life lesson and learning it will add to the enjoyment of life.

It is time to remind you. It is never as good as it seems, and it is never as bad as it seems. We are now in a new world and we will survive and prosper in new ways.

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

**PK wrote in to tell me how great his new Kindle is. Plus, I have added some new books to the bookstore. I might even do a kids page with Cameron's favorite books.**

I am doing more positive focus work with people. It is time to get over the pity party as everyone is affected by the world economy. It is what it is. The key for us is how we

## Quotes

**"Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. As you condemn only yourself, so do you forgive only yourself. "**

**A Course in Miracles**

**"Madame, when I make my enemies my friend, have I not destroyed my enemies?"**

**ABRAHAM LINCOLN**

**"Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them."**

**W. Clement Stone**

**"Some things that don't happen keep disasters from happening."**

**Rumi**

**The mischief of children is seldom actuated by malice; that of grown-up people always is.**

**Antoine de Rivarol**

**"Remember not only to say the right thing in the right place, but far more difficult still, to leave**

respond.

**Enable yourself with the response and the cause of action that lets you do that which gives you energy and success. NOW is the time to branch out and do that which you always wanted to do. Yes, now is the time. Respond now, get into action now.**

**Enjoy the Journey,**

**Russell R .Shippee**

## **LIVE THE LIFE YOU DESIRE**



Cameron's Comments

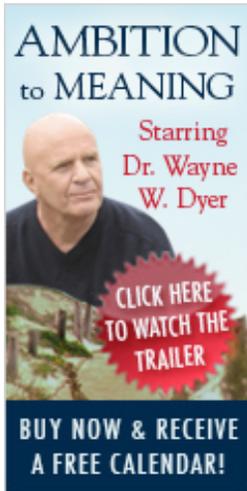
Hey, this being sick is no fun. I had a bad cold and fever for two days. This getting older is not always fun.

I responded well and my support group responded well to my not being my normal smiling self. But, I'm back and they are all still here. Grandpa does have a cold and he is blaming me for it. The good news is he is not holding it against me for infecting him.

Thanks to those who wrote grandpa asking him to allow me to write. He does respond to the feedback. Keep him on his toes - it's good for him.

**unsaid the wrong thing at the tempting moment."**

**Winston Churchill**

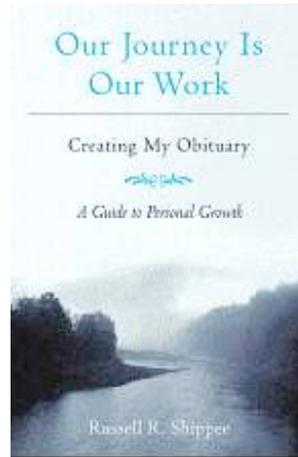


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I must tell you that your book has brought me much comfort. ....But not until I've opened the book and read a chapter or two. I don't bookmark it, meaning read it sequentially. Whatever page I open to, I start there. And there's always something new 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)

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## Respond

By Cameron Shippee

It is all in how you respond.

I was born with a positive response and so were you. When something happens I do what I have to do, and then get on with what I was doing.

Adults do not always do that. Sometimes, I see them talk, complain, blame others, and talk about getting even, or getting back at someone. I see a lot of energy and hostility that I just don't have. Will I have it when I get older? I hope not, as it does not look like fun nor the appropriate response. Why waste all that good energy on someone else.

It seems to me, in my short life here on earth, that it is all in my response. I know to respond with a smile is to get a smile back. Even if someone is not in a good mood I can smile in response and usually get them to smile. It makes me feel good and it seems to make them feel good. Would it make you feel good?

Most of my time is spent in learning and trying new things. That said, I already know. I am just using my new body to do things which, somehow, I seem to know. While not clear, I know, and I practice till I get it right. When wrong, I respond with trying more, trying a little differently, or trying with a little more experience.

Sure, I get upset. I also let it go, and I get over it quickly. There does not seem any value, to me, to be mad, or hold what you call a grudge. Heck, I would not want someone to hold a grudge against me for something I did. I am sure I have done things some people did not like, or felt hurt them. What if grandpa held a grudge because I filled my diaper as soon as he was babysitting after my parents left? What if he held a grudge and would not babysit as I was fussy, very fussy, last week when I had a cold and fever. Why, he'd miss out on seeing me. Yes, I would miss out on seeing him also.

What are you missing out on by holding a grudge? What are you not part of due to a grudge? Is it worth it? Is any grudge worth it? What is a better response?

I am going to guess, at my young age, that no grudge is worth it. Sure, I am not thrilled with the way some people treat me but that is life. Some people might not be thrilled with me. Some don't like babies. We are not all born with the same likes and dislikes. I go to those that welcome me.

Why not welcome everyone. OK, almost everyone. If you don't like someone, for whatever reason, and they do not like you, why not let it go, let go of the grudge, and go your separate ways. In the future you may come together or maybe not. It does not matter, does it? So, let them go but do not hold a grudge.

For me, it is a game. It is a game to get everyone to like me and respond in a positive way. So far I believe I am liked by all. I just hope I continue to respond so that I will be liked and people will not respond negatively to me.

How about you? How are you going to respond? Remember, what happens may well be out of your control. How you respond is up to you, under your total control, and will determine how you life is lived from that moment forward. Respond well, it is worth it.

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