

RUSSELL R. SHIPPEE PRESENTS

Be the Best You Can Be

[Home](#) | [Biography](#) | [Coaching](#) | [Speaking](#) | [Newsletter](#) | [Articles](#) | [Products](#) | [Contact](#)

Thursday, September 17, 2009
Summer Edition #99



Russell R. Shippee
Author, Speaker, Life Coach



[Our 100th Issue is next!](#)
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Dear Friends,

Many of you were interested in the mind mapping. If you have not checked it out, do so. Is it expensive? That was my first reaction. But, upon using it, I found it of great value. Are we not looking for value? How often have we bought the cheapest and gotten the cheapest? Do try it out. Use it for the trial period, and I think you will want it. If not, cancel it.

Cameron has written about Rules below. Kids keep it simple; and it is simple. As adults, we seem to take the simple and expand it to the difficult and complicated. Maybe we should be kids. It'd be more fun and rewarding.

While the calendar says it is still summer, it feels like fall. It also feels like it is time to accomplish more, finish projects and start those you delayed during the summer. Today is that day. Today is the day to start. Take the first step.

For us in New England, it is getting dark much earlier. So, rather than be outside, we have more time to read. Have you looked at the bookstore recently? At the bottom left is a link to the bookstore. It can't hurt to learn and grow – can it?

The next issue is the 100th issue! Don't miss it. Don't let your friends miss it. Be sure they sign up today!

A handwritten signature in blue ink that reads "Russell".

[Recommended Reading: Peggy McColl, best selling NY Times author is releasing her latest book *The Won Thing*. I've read the book and I hope you will also. Go here for more.](#)

Quotes

Cameron's Corner

"You have to learn the rules of the game. And then you have to play better than anyone else."

– Albert Einstein

"The rule which forbids ending a sentence with a preposition is the kind of nonsense up with which I will not put."

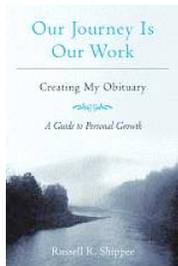
– Winston Churchill

"If you obey all the rules you miss all the fun."

– Katharine Hepburn

"Our deeds determine us, as much as we determine our deeds."

– Unknown



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TeleClass Schedule
All times are EDT

LIVING THE LIFE YOU DESIRE

9- 22-09 10 am

9-25-09 10 pm

9-29-09 4 pm

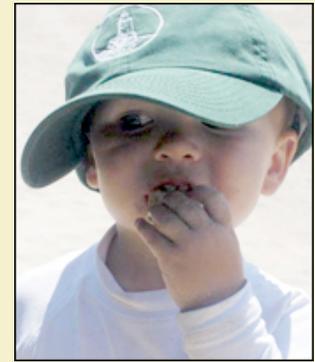
MY PLAN

Hi everyone!

Grandpa hasn't told you yet, but he plans to limit his one on one coaching. So I'm ready to pick up the slack. Grandpa will do the group coaching and I'll be glad to do the one on one coaching he doesn't have time for.

If you're ever in RI, perhaps we can 'do lunch'.

Call me!



READ MY ARTICLE ABOUT RULES (below)

I sure hope Grandpa does. He believes the rules; but then he has others for me. Maybe he'll realize they are not needed. Maybe I'll just have to break them to show him?

[Got a Question or Comment for Cameron? Click here.](#)

– FEATURE ARTICLE –

RULES

It's me, Cameron.

So, being less than two, I guess you expect me to write about the rules of the sandbox.

Well, you are partly correct. The rules of the sandbox are no different than the rules of the game, and the rules of the game are about the game of life.

We were all born knowing the rules of life. As little kids we know and live the rules most of the time. Sure, we get selfish, and sometimes we don't share but, after all, we are human. The fact that we all violate the rules at times does not mean we don't know the rules. Yes, sometimes we throw sand at one another. Adults do the same thing with words and deeds.

Amazingly, adults often forget the rules of life itself. That forgetting results in all sorts of rules and regulations that are not always known, understood, or followed. Religions, governments, organizations, and clubs all seem to have their own special rules and regulations.

9-18-09 9 am
9-22-09 2 pm
9-30-09 1 pm

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If we were to follow the basic rules of life, I dare say, we could eliminate many, if not all, of the other man-made rules. Often the man-made rules are made for those who ignore the rules of life itself.

We would not need the rule of 'Don't throw sand at another person' if we treated others as we would like to be treated. None of us wants sand thrown in our faces.

Are rules made to be broken? Sure, some man-made rules are made to be broken, are often broken, and some should be broken. Sometimes we break our parents' rules just to show them we think on our own and to test them. Yes, it's fun to push the limits of parents' rules and watch their reactions. I bet some of you do that at work.

Yes, people argue about the rules of life, what they are, and how many there are. Below is my list. It is the list I was born with and the list my family reinforces.

- Treat others as you would like to be treated
- The secret to living is giving
- As ye sow, so shall ye reap
- We are all one
- What you do to another you do to yourself
- Make it a win win situation for all
- There is enough for all of us
- Honor thy father and mother

It seems to me that if we all lived by the above rules we could eliminate many laws and regulations. We'd need fewer police and prisons. We'd be without war. The world would be one.

We all know the rules, and I suspect we all agree with them. But, do we live them? Do we live them daily in our actions and interactions with others? No. Not all the time. But, if we all live the rules consciously, we'll live them more and more. The more we live them, and others live them, the better we will all be.

Live the rules. We'll all be better off. You'll be glad you did.

SUBLIMINAL VIDEOS
Discover the secret subliminal videos
that will change your life!

An advertisement for 'Subliminal Videos'. It features a woman with long dark hair, wearing a white top, with her arms raised in a gesture of joy or triumph against a bright blue sky with light clouds. The text is centered on the left side of the image.

Now Playing 212° MOVIE

An advertisement for the movie '212°'. It features a dark background with a spotlight effect on a movie poster for '212°'. The poster shows a woman's face and the title '212°'. To the left of the poster, the text 'Now Playing' is written in a large, stylized font, and '212° MOVIE' is written in a smaller font.

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