

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Russell Shippee

Quotes

"Do not judge, and you will never be mistaken."

Jean Jacques Rousseau

"I do the very best I know how the very best I can; and mean to keep doing so until the end. If the end brings me out all

Dear Friends,

Next week is Hannukah, Christmas, Kwanzaa, and boxing day. Our blessing to all of you on these special days.

Below, Cameron will tell you about a family tradition we have. You might want to do a version of it for your family. The interesting thing is, people think about it all year and act accordingly. It raises the bar for all of us, and we all benefit.

Be sure to celebrate what you have accomplished and your relationships. If there is something not finished, let it go and accomplish it next year. Year end is to celebrate what you have done. Be kind to yourself. You are better than you think.

Final gifts can be ordered from the bookstore, especially for the person who has everything. There are some interesting books. I have read them all and recommend them all. See the comments on each one to help you decide.

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

Yes, the other options on the left can still get gifts to you on time - if you order now.

Remember, we'll be fine in 09.

Enjoy the Journey,

right, what is said against
me won't amount to
anything."

Abraham Lincoln

"Even a happy life
cannot be without a
measure of darkness, and
the word happy would
lose its meaning if it were
not balanced by sadness.
It is far better to take
things as they come
along with patience and
equanimity."

Carl Jung

Simple Truths

Be a friend and take a
look at [Simple
Truths](#)

You will find some
wonderful books that
are not available at my
bookstore. They are
only available here.

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fine authors and
products.

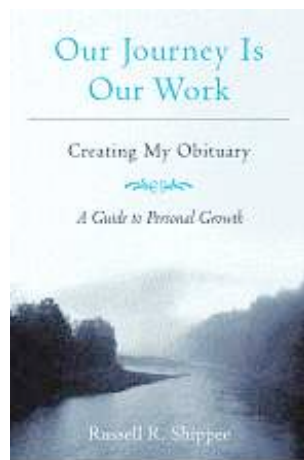
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Russell R Shippee

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

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Buy 3 and the e Workbook is included!



Learn to Create and Enjoy the Journey!

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remember, buy 3 and get the e workbook free



If you are not familiar with either or both of the above, NOW is the time to look.

Think Right NOW

Have you ever used audio to help you? These CD's can be loaded on your iPod. Yes, I have them, have given them as gifts, and feel there is value. So, click [Think Right NOW](#) and decide for yourself.

Will any of these products be good tools for your loved ones? If maybe, why not try them. Remember, if we keep doing what we have always done, we will keep getting what we have always gotten.

Billionaire Business System

I recommend that you check it out [HERE](#). In these times I think you will find some great

Cameron's Comments

Mothers! My mom, Shannon, saw the comment last week about a girlfriend and said NO. Plus, she thinks this is my first taste of cake. Should grandpa have told her he had already given me cake?

I did my first 'power lunch' last week going to a business meeting with my grandfather. He did not finish his work as I stole the stage. Ahh, it was so easy. Next time I'll let him finish his business so he'll keep bringing me.

My grandmother, Cathy to you, warned me about Christmas dinner. Grandpa goes around the table asking everyone what their biggest accomplishments were for the year, as well as what they are grateful for. If that is not bad enough, during dessert we have to discuss our goals for 2009.

Well, I have accomplished much this 1st year of my life. I'll just walk around the table smiling with eye contact. That will say it all. It will also say what I am grateful for - Wonderful loving, caring parents, grandparents, aunts, uncles, and friends. What more can anyone want?

I'll share some of my goals after I tell the family. Secretly, while my grandfather is on vacation in January celebrating 'suddenly sixty', I hope he'll let me do the whole letter and not just this little corner. After all, I'll be 1 on January 8th, and I do get more fan mail than he does.

Feedback

Hiring someone "just good enough" is like marrying "Mr. All Right" instead of "Mr. Right"! DN

Russ, great pictures, love Cameron's comments, wonderful newsletter and inspirational quotes KG

value. Remember, the best investment is the one in yourself. Try it. You might just want to give it to a friend or family member.

If you want more time and better business practices then check it out [HERE](#).

Join Our Mailing List!

Year End Giving Back offer expires 12-23-08

Anyone who joins will be given the e workbook Living My Life on Purpose. Anyone who gets another to join will be given the e workbook also. Just hit reply and tell us who you asked to join. We'll rush the workbook to you. Who can get the most to join? Yes, there is a prize....

Repetition

As T S Eliot wrote:

What we call the beginning is often the end
And to make an end is to make a beginning.
The end is where we start from...
We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

Repetition is hearing or seeing something again, for the first time. If we are repeating something, how can it be for the first time?

Too often we race through life not truly seeing or hearing. Sure, we are quick, we are smart, and we are perceptive, so we can get it all quickly. We know how good we are.

Well, we are good, we are quick, and we are perceptive. However, with all of those attributes, we still need repetition. We still drift when seeing or hearing something. We still have thoughts, ideas, and interruptions that distract us.

Yes, everytime we read something, we read it differently from the previous time. Our personal space and interaction with all that is changes, and as that changes, what we read and percieve changes. So, reading something for the second time is to read it for the first time. Often, the lightbulb, as they say, goes off with repeated readings. Even when we read something we had read 20 years earlier, we see it from a totally different perspective.

Repetition is good for all of us and provides us all with a greater and better understanding. Read it once and, if it has value, then read it again. Personally, I usually skim a book to get the gist of the book and validate if I want to read it in detail. If the book appears to have the value, then I read it in detail a second time. That second time I get a lot out of the book. Some books I even read a third time outlining them. Yes, it is a lot of work and time consuming. However, if the book has the value, and I want to review it again and again, the outline is the way that works for me. In the end I have a better learning and understanding and can more easily review it in the future.

As a child I read Think and Grow Rich. While I had not read it in years, I did get a copy for my son and reread it first. Well, it could have been the first time. Sure, I still remembered much of it as I have practiced it over the years. However, now the rich part has changed and has a different meaning. When I first read it I felt it was all about money and obtaining money. Well, it is about being rich and that includes money. However, it is much, much more than just money. When money for my young, growing family was my focus, it is no wonder that money is what I read in the book.

Repetition leads to success. When you see an actor or a band hit it big time, you might think of it as instant success. The fact is that most of them labored for years practicing and repeating their actions until they fine tuned them. Yes, repetition was a key to their success.

Repetition is what builds confidence. Boats are a good example. When one gets a new boat, operating and docking it is a challenge. The more the boat is used, the more comfortable and confident the captain becomes. Then, if not careful, they become overconfident with their repetition, and then they make a mistake. Yes, one can be too confident and repeat something so often that they then make a mistake.

Repetition is good, allows us to learn, see new insights on the same subject, builds confidence and leads to success. Embrace repetition and all it has to offer.

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