



The Russell Revolution - A Revolution in Manning Up - Power News!!

Hey %%name%%,

Today's Power Tip:

Hi, %%name%%, so through all my research, observation and practice, I have come to a very important conclusion.

I have realized that 'IT' being the voice in our mind and what it's telling us - is NOT TRUE! It's not anything true, false or otherwise. It's just what we let ourselves believe and buy into.

IT or the brain whatever you call it, I now realize just runs a wild mind party, processing data, thoughts and beliefs. Unless we control and direct it, IT can make you believe some wild things. Some can be good, but some can be so counter productive to creating an enriched and wonderful life.

As a powerful man once said, 'You must stand guard at the door of your mind'.

Until we learn to observe it and realize that it's not true. It's just stories we've created ourselves. Maybe from some childhood trauma or something that has just evolved over time. Without going into the entire psychological explanation, the most wonderful news is we can control, direct and create our thoughts. Nothing is real; it's just what we choose to create by directing our thoughts accordingly.

We can change anything we want and reframe it to a new more empowered belief.

No matter what you or I have thought of as a negative belief I'm here to tell you that we can all overcome these thoughts!

You may be able to relate to some or all of these supposed 'real' thoughts 'IT' gives us:

She's with all those guys; one of them must be her boyfriend.
WRONG!! LIES LIES LIES.

I've called her but she hasn't returned my call, she mustn't be interested in me
WRONG!! LIES LIES LIES.

She's too good looking and would never be into a guy like me!
WRONG!! LIES LIES LIES.

If I go up and say hello and introduce myself, I'd die!
WRONG!! LIES LIES LIES.

I'm a little younger than her she wouldn't be into a guy my age
WRONG!! LIES LIES LIES.

If I try and get onto her sexually she will reject me.
WRONG!! LIES LIES LIES.

I'm a little chubby and balding, her talk to me, never!
WRONG!! LIES LIES LIES.

What if she rejects me what will my friends think?
WRONG!! LIES LIES LIES.

They're bored and are not interested in what I am saying.
WRONG!! LIES LIES LIES

Men, it's all lies, lies, lies and more lies!

As I have heard so many before me say and even I have said it - we men reject ourselves in our mind long before any situation, woman or person... ever does.

Here are a couple of examples from my personal experience that have helped me realize 'TTS' all just in my head.

Some examples

Once upon a time I lost an important client and IT told me that, that was that, end of business and my income. I felt destroyed and did not know how I was going to make money now they had left me. 2 days later, a new better client turned up.

Once, I had liked this girl and was a bit afraid to show her how I really felt about her. While I was she wasn't interested. Through this work I changed my thinking and attitude and just presented myself to her with a new attitude. She then just wanted to be with me in every way a woman wants a man.

I was dating a girl I liked and we hung out and it was all fun and games. Then she started cancelling on me and IT told me she wasn't into me and was keeping her distance. So I stopped contacting her. She then calls me one evening and wants to hang out. It turns out that she is a little shy and had genuinely been busy.

As I evolve and become more and more conscious I am realizing that generally, women, are just out there playing a few little games and testing. But we are the hunters and we set the tone and pace for what is going to happen. They want to be lead and taken care of it's their role.

Disputing the thoughts 'IT' gives us can be applied to any part of our lives, such as our career, our intelligence, our skills, our living standards. Everything!

You don't go to the gym and build a great body in 1 or 2 workouts, it takes focus and time and commitment. It's the same with the brain and our thinking habits; it takes focus, time and effort to make them change.

But I am here to tell you my friends, it will change and you will move into a new state of knowing about yourself and your ability to control your destiny. If you can let go of being right, your ego and looking at what IT tells you and if you can go and do what it is you want to do - you have won!

So what are your limited thoughts and what can you replace them with?

Have a look at the list below do any of these seem familiar to you?

Check them out and think about your own. Write them out in the next table... dispute them and then print them out and post them.

Hey if you're human...you've been committed to some type of negative thinking for so long now, how about

committing yourself to positive new empowering beliefs.

What have you got to lose?

Limited thinking and lies	New truthful mind set
I'm not good looking enough for her she won't be into a guy like me	You're perfectly handsome in your own unique way, you're amazing and she adores you for her own reasons
What if she knows I'm trying to get onto her?	So What! You're a man and make no apologies for going after what you want. What's the worst that can happen? Nothing!
I have to try really hard to get her interested in me	You are a cool and relaxed man and she still wants to meet you and be with you just for being yourself.
What if she doesn't come back?	Oh well, that's life but I'm not chasing her like some desperado. If she comes back great, if not, I have all the skills to meet other women in the future
I get nervous when approaching a woman for the first time	You're cool, fun, friendly and social. You're an open sexy man and you know how to naturally meet and connect with women.
There are no good women in this world	There is an endless supply of amazing wonderful women and they come into my life when I am open and positive
Woman are bitches	Women are wonderful creatures of the planet and they are just doing their best with what they know.
I don't like my business and what I do	I am now seeing and experience all the wonders of my business and what is gives me to live a happy and prosperous life
I am worried about money	I attract large sums of money and all the ways to make it and manage it easily come to me

So what are your lies that you want to change?

Limited thinking and lies	New truthful mind set

Good luck to you and let me know how you go with this exercise.

To your power,

Trevor Russell

----- Revolution Guarantee -----

If you've followed our plan of transformation, stay committed to building a happy, fulfilling, powerful life, filled with love and your woman, but still don't feel satisfied. Its my personal guarantee to coach you for free until you get what you want. Hey, ill even go get you a girlfriend.

Links to Revolution Site

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Unlock the secrets to attraction
and unleash your Superhero Qualities to openly meet and communicate with beautiful women

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R U S S E L L R E V O L U T I O N

Trevor Russell**Social Scientist – Coach & Facilitator**

Helping men to change your life for amazing confidence, fun, happiness, success, lifestyle and to learn how to attract your women, create amazing relationships, regardless of looks and money!

Testimonials

I have had the pleasure of a close friendship with Trevor for some year's now and have been amazed at my change of attitude to approaching very good looking woman. I have in the past thought I am not bad at connecting with woman. I had no idea until I meet Trevor. He has a way of looking at talking to people in general and good looking woman in particular that may in the past have made me think I was not good enough to make contact. Trevor has shown me that having fun is the most important thing and if something comes of it then so be it. NO Pressure. Man up is one of the things you can learn from Trevor I can tell you it is one of the most important concepts I have ever come across. I meet my current girlfriend with Trevor and I can tell you without his input I may not have approached such an attractive lady. If I had a dollar from everyone that said to us "how did you get her she is stunning" I would be able to retire early. Trevor thanks Mate! - **Andrew Walsh**

Trevor Russell has an amazing ability to connect with people. Ive seen it again and again. He is playful, funny and loves people. They feel comfortable and love being around him. The man is a master of creating connection. Take control of your life - intimate, business, friendships. Live the dream because life pays the price we ask of it. - **K-Man**

Someone once said: If you want to be successful, find someone who has achieved the results you want, copy what they do and youll achieve the same results! Through hard work, massive action and lots of fun Trevor has mastered the art of connecting with women. He is someone you want on your team when it comes to unleashing your superhero qualities and fully embracing your manhood. There are countless women waiting to be rescued, so give yourself the gift of the Russell Revolution today. - **Miss Leah Model and Dietician**

I remember the first time I met Trev. It was at a conference on a Tropical Island, and he swept me off my feet. He seemed to know me instantly, and I felt comfortable with him straight away. He is easy to talk to, a great listener, and has a gorgeous mind, body and soul. Trev is the sort of person that brightens up the room, and is the life of the party. Everyone has fun when he's around. He's an extremely good communicator, and personally I feel like I can talk to him about anything and everything. He makes me feel beautiful and sexy, and I have learnt a lot about myself during the time I've known him. His daring, caring and humorous personality would be irresistible to any woman who is looking for a friend or lover. - **Michelle**

For any questions you may have please email us at info@russellrevolution.com.au

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