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**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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[www.essentialgym.com](http://www.essentialgym.com)

## Love is...

*Never having to say your sorry!*

**Love is** a Commitment!

**Love is** *in sickness and in health, for  
richer for poorer!*

**Love is** having a Companion,  
a Friend, a Lover!

**Love is** a Pendulum!

**Love is Joy!**

Please Forward to a Friend

Essential Gym is an holistic coach approach to sustainable SELF\* Wellness.

*Tone Up - Your Mind, Body and Soul!*

\*Self: Soul Essence Love Fulfillment

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