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essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



Issue 55
Tuesday 2nd February, 2010



Visit our website
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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Jane Thomas ACC
Principal Coach
Essence Coaching



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