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essential + common sense

Essential Pearl

Weekly self* tip



Issue 58
Monday 22nd February, 2010

Fear and Excitement!

Fear is just excitement in need of an attitude adjustment – Russ Quaglia US Professor of Education.

They are short term emotions.
Excitement heightened Joy Happiness
Fear future based, may never happen!

When looking to the Future
Use Wisdom, Trust and Courage!
Daily choose Calm, Peace and Joy!

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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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