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essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip

Issue 59
Monday 1st March, 2010



Surrender to Vulnerability!

Acknowledge your Vulnerabilities
They are part of what makes you **You!**
They complete **Your Uniqueness!**
Surrender to & embrace vulnerabilities
Practice **Faith, Harmony and Joy!**
Be **You.... Beautiful, Unique and a little**
Imperfect!

[Check out today's blog](#)

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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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Jane Thomas ACC
Principal Coach
Essence Coaching



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