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Subject: Essential Pearl 63 Happy?

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# Essential Pearl

Weekly self\* tip

Issue 63  
Monday 29nd March, 2010



## Happy?

*Most people are about as happy as they make up their minds to be. Abraham Lincoln.*

So how **Happy** are you?

It's **YOUR CHOICE!**

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*Tone Up - Your Mind, Body and Soul!*  
\*Self: Soul Essence Love Fulfillment

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