



From: Jane Thomas - Essential Pearl <jane@essentialgym.com>
To: email@example.com
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Essential Pearl

Weekly self* tip

Issue 67
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Honesty is Best!

By being **honest** with **yourself** and **honest** with **others**,
You avoid the tangles and knots of untruths that trip one up even with the best intentions.


Be Honest Always!

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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
Essense Coaching

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