



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

To: email@example.com

Subject: Essential Pearl 67 - Honesty is Best

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# Essential Pearl

Weekly self\* tip

Issue 67  
Monday 10th May, 2010

## 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!*  
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**Jane Thomas** ACC  
Principal Coach  
Essense Coaching

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