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To: email@example.com
Subject: Essential Pearl 70 - Flip the Switch!

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Essential Pearl

Weekly self* tip

Issue 70
Monday 31st May, 2010



Flip the Switch!

*Changing your thinking
Can change your life!*

Make the decision, follow your choice! You'll need self discipline, determination will power, time and patience.

Make your Choice -
Flip the Switch Today! You Can!

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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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