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Subject: Essential Pearl 74 - Be You ... Be True

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# Essential Pearl

Weekly self\* tip

Issue 74  
Monday 28th June, 2010

**Be You ... Be True!**

*“Be as you wish to seem” Socrates*  
*“Be the change you wish to see in the world” Ghandi*  
NOW is the Time to -  
Be that person you **Admire!**  
Be the person you want to **BE!**

**Be Yourself! Be True! Be You!**


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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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