



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

Weekly self* tip

Issue 77
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Dreams Become Reality with -

Pure Intentions, Self Expectations and
A Plan that's Simple, Precise and Focused!

The Execution of the Action Steps
Flows without Effort or Thought!
They **'Just Are'!**

Allow Your Dreams to be Your Reality!


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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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