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To: email@example.com
Subject: Essential Pearl 82 – Persistence

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Essential Pearl

Weekly self* tip

Issue 82
Monday 23rd August, 2010

Persistence!

Follow Up, Follow Through!
Then again ...
Follow Up, Follow Through!

Stay Focused on your Vision
(n.b. not the outcome)
Do what You have to do!


Be Persistent Today!

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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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