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Subject: Essential Pearl 84 - Buzz ... What does it for you?

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Essential Pearl

Weekly self* tip

Issue 84
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What gives you a Buzz?
Do what you're Passionate about
It's energizing, renewing a sense of SELF
It's Spring Time - time for rebirth, new life!

Time to declutter your surroundings and
YourSelf physically and emotionally!
Spring clean to create time, space, energy
to indulge your Passions!

Passion(n). That which gives YOU a Buzz!

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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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