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To: email@example.com
Subject: Essential Pearl 85 - Best is Better!

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Essential Pearl

Weekly self* tip

Issue 85
Monday 13th September, 2010

Best is Better!
Self Interest motivated by Ego is
Being Better – 'One Up' on another.

Self Interest with Pure/Best Intentions is
Honouring, Loving and Valuing Self!
You're operating at your Best!
Serving others at your True Potential Loving,
Honouring and Valuing Others!
Today! Be your Best to Yourself!
Best is Better!

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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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