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To: email@example.com
Subject: Essential Pearl 86 – Radiate ...Joy, Love and Laughter!

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Essential Pearl

Weekly self* tip

Issue 86
Monday 20th September, 2010

Radiate ... Joy, Love, Laughter!


Radiate Joy - Glow from within
Show your Happiness to others!
Radiate Love - Send love from your Soul
Beam your love to all you encounter! Radiate
Laughter - Give smiles and share Laughter so its
infectious ripples spread!
Radiate Today! With Your
Joy, Love and Laughter!

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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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