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To: email@example.com

Subject: Essential Pearl 66 - Patience and Peace

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Essential Pearl
Weekly self* tip



Issue 66
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Patience and Peace!
Patience is a virtue practised through acceptance of what is without the need to change.


Peace is knowing that the present is perfect with no doubt!

Enjoy Patience & Peace 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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