



essencecoaching
essential + common sense

Essential Pearl

Weekly self tip*



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Champions at the game of **Life**

Use as their bat and ball

Love and **Acceptance!**

With these **You** will be a **Winner!**

Enjoy life! Be loving and accepting!

Please **Forward** to a Friend

Visit our website
www.essentialgym.com

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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