



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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True Love is loving unconditionally!

Love is accepting just as it is!

Love is not jealousy, not lust, not fear, nor expectation or possession.

Love is Caring, Sharing, Trusting, Respecting and Commitment!

Love flows in a relaxed relationship!

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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