



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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## Laugh - Laugh Today!

Humour brings **hope, joy and zest!**  
**Laugh** to improve your mood,  
enhance **resilience**, it's **attractive!**  
You'll become **focused, grounded and**  
**alert. Laughter** boosts immunity,  
prevents heart disease, relaxes you.  
***Have a 'belly' laugh daily!***

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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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