

Jane Thomas

From: Jane - Essensial Gym [jane@essensecoaching.co.nz]
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essencecoaching
 essential + common sense

Essential Pearl

Weekly self tip*

ISSUE 7

Monday 9th February, 2009



Happiness is a choice!

Happiness begins with feeling in control of life

Happiness is a skill Make it a **habit!**

Happiness is attractive and you look younger

Increase your **Happiness** today

Try a Random Act of Kindness!

Visit our website
www.essentialgym.com

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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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