

Jane Thomas

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Essential Pearl

Weekly self* tip

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EMPOWER SELF - ME POWER

Are you **empowering** yourself?
 Components include **self discipline** - control, **accountability**, **acceptance**, **knowing believing** and **confidence** in yourself! **Empower** yourself to cope with the **changing world and times!**
 Use **Me Power** today!

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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