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**WELCOME TO THE AUGUST EDITION!**



This is a special edition of our newsletter to tell you of some very exciting news!

**Our website is ready to launch and undoubtedly - the wait has been worth it!**

Don't wait to visit [www.completelyhuman.com](http://www.completelyhuman.com). (But, yes you may want to finish this newsletter first before jumping onto the net!)

The official launch date is 28 July 2008 and I invite you sign up as quickly as you can. There are a number of early bird offers with regard to memberships.

**WHY THE WEBSITE?**



- A website provides flexibility. You can be supported wherever you are
- Lots of opportunity and information is provided for your growth and development
- A website is very informative. You'll read new things, see new things and people!
- It's a succinct way of putting the "wholeness" concept together. And being whole is a concept close to my heart!
- It's a great time saving option. Everything is put into one place for you
- It provides a safe space for you. You become a member and it all becomes about YOU.
- A website is interactive and amorphous. Growing and developing. Just like us

**AREN'T YOU WORTH SPENDING SOME GOOD QUALITY TIME ON?**

What you'll find on the website:

- The following four areas of your life are involved:
  - Human Fit (exercise)
  - Diet, Beauty and Vitality
  - Emotional Enrichment
  - Relationship Rendezvous
- Interesting articles
- Tips and advice
- A forum for each module
- Workshops and seminars are offered
- Personalised exercise programs & your own training log
- E-lessons on the "questions of life"
- Referrals to health care providers
- Wholeness coaching options
- E-Books:
  - The creation of M.E (Meaningful Existence)
  - Steps to creating Life Change
- **AND MUCH MORE!!**

**SPECIAL OFFERS!**

**REFER 5 FRIENDS** to [heidi@completelyhuman.com](mailto:heidi@completelyhuman.com) and you'll stand a chance to **WIN A DINNER FOR TWO AT BOUCHON BISTRO**. Draw closes 21 August 2008.

Contact [heidi@completelyhuman.com](mailto:heidi@completelyhuman.com) for **ADVERTISING** in this newsletter or **REFERRAL SERVICES** on the website.

**Completely Human firmly believes that life is for living. And that we all need to get the most from this wonderful experience!**

**We assist people in understanding and managing complicated and full lives, by discovering and BEING THE PERFECT YOU.**

**WHY THE ORANGES?**

Completely Human is about self discovery and development into The Perfect You.



Dr Wayne Dyer uses a metaphor I have frequently come across about being our true selves.

If you take an orange and squeeze it as hard as you can and ask yourself what will come out, you know the answer... of course - orange juice.

Why does orange juice come out?

Because that's what's inside.

If anyone else had to squeeze the same orange, what would come out?

Also - orange juice. Why?

Because that's what's inside.

What would happen if the orange was squeezed tomorrow instead of today?

Orange juice would come out. Why?

Because that's what's inside.

How consistent, real and true are you "inside" - that regardless of what is happening outside - **Are You being yourself?**



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