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**From:** [REDACTED] >  
**Sent:** Monday, July 21, 2014 11:32 PM  
**To:** jeffrey E.

When I really take a look at myself from an outside perspective I see how cr=zy it is. It is time to start working on getting better.

Sent from my iPhone=?xml version=.0" encoding=TF-8"?> <!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">  
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    <key>date-received</key>  
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    <key>flags</key>  
    <integer>8590195713</integer>  
    <key>original-mailbox</key>  
    <string>imap://jeevacation@imap.gmail.com/%5BGmail%5D/Important</string>  
    <key>remote-id</key>  
    <string>134712</string>  
</dict>  
</plist>