
From: [REDACTED] >
Sent: Friday, January 20, 2017 5:27 PM
To: jeffrey E.
Subject: Re: Happy Birthday Jeffrey!

This is from last September. I will have someone take a pic in the next couple of days and will send you the updated version. ☺

On Fri, Jan 20, 2017 at 2:49 AM jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

please send recent photo?

<div class="gmail_quote gmail_msg">On Fri, Jan 20, 2017 at 1:16 AM, Natali= [REDACTED]
[REDACTED] <mailto:[REDACTED]> wrote:

☺=FO???

On Thu, Jan 19, 2017 at 10:15 PM jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

gre=t news thx

On Fri, Jan 20, 2017 at 12:57 AM, [REDACTED] <mailto:[REDACTED].com> wrote:

Dear Jeffrey,

Happy Birthday! Wishing you lot= of joy, vitality, happiness, lots of magic memorabale moments with people=whom you love and who love you, interesting fulfilling projects, fun and w=atever you desire.

Here is what I've been up to:

I=am still working as a massage therapist for soothe and private clients. I =ove it. It's eye opening to meet many different people and see differe=t houses. It's rewarding to help people in even in a small way and I e=joying knowing I made a difference and brightened up their day.

I f=nished IPEC life coaching certification. I would like to transition to coa=hing in the next year or two. My goal is to work with women in their 20'>s and 30's to help them find direction, clarify what they want in lif= and work out any obstacle's (internal) they may need to resolve to li=e the life that they want.

Easier said than done. ♦=9F♦? So right now I am working on cutting my own bullshit so that I ca= be a good example and demonstrate results with my attitude and behavior. =or the past 2 month I am

working with a professional life coach, to bring =o my awareness any sources of anxiety and stress reactions and work it out=

Through this process I am reading and =listening to a lot of cool brain books. One that stood out for me was the &=uot;Neurobiology of We" by Daniel J. Siegel. It is an audio book avai=able at audible.com <http://audible.com> This book is by a Harvard Medical Doctor in which he=presents information about early attachment style and how it effects our l=ves and adult relationships. May be someone you know might enjoy it, great=book.

I am still with the same boyfriend, we are going out for 2+ y=ars. It's the best relationship I've had so far. We give eac= other plenty of space, yet we are close when we are together.

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I am enjoying LA, t=e weather, beautiful nature, cheap rent and lots of open space. I love liv=ng in West Hollywood , it's vibrant and yet quiet enough for me.

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Thanks for taking t=e time to read my email. Wishing you a wonderful day!

Love

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