
From: jeffrey E. <jeevacation@gmail.com>
Sent: Tuesday, January 19, 2016 7:24 PM
To: Nowak, Martin
Subject: Re:

digestion goes on all day

On Tue, Jan 19, 2016 at 2:15 PM, Nowak, =artin <[REDACTED]> wrote:

digesting thought
digesting/completing learning
deleting nonsense

getting ready for the next fight
in the best possible state of alertness

On Jan 19, 2016, at 1:07 PM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com>> wrote:

evolution of " sleep?

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please note

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please =ote

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