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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Wednesday, August 19, 2015 12:12 PM  
**To:** [REDACTED]  
**Subject:** Re:

this is the fifth time you have sent me the exact same question, . each time i tell you, the same do what you promise, say thank you, be disciplined test, exercise, = truth, . drinking etc. you tell me you understand and then refuse to do anything different

On Wed, Aug 19, 2015 at =:07 AM, [REDACTED]  
<mailto:[REDACTED]>

What can I do to be less selfish= ungrateful ? How can I improve ? I would very much appreciate if you could help me in this

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please =ote

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