
From: Nowak, Martin <[REDACTED]>
Sent: Monday, May 11, 2015 3:17 PM
To: jeffrey E.

the attempt to "pin point" your thoughts and thereby affect your internal reward system is an important component of your new system

i just cannot grasp the math of it yet

```
<?xml version=.0" encoding=TF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version=.0">
<dict>
  <key>conversation-id</key>
  <integer>116332</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1431357439</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>6</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>506174</string>
</dict>
</plist>
```