
From: jeffrey E. <jeevacation@gmail.com>
Sent: Monday, March 9, 2015 7:57 PM
To: [REDACTED]
Subject: Re: Need some motivational words...

i m still getting subpar sixpack

On Mon, Mar 9, 2015 at 3:56 PM, [REDACTED] >> wrote:

Proud of you for going to=the gym!!!!!! Im very tired but enjoying myself a lot so I think that =99s what is most important

On=Mar 9, 2015, at 3:54 PM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmai=.com>> wrote:

just came from my gym. saw my reflection so i=understand the issue.

On Mon, Mar 9, 2015 at 3:50 PM, [REDACTED] >> wrote:

I know — you're right its just di=heartening to put so much time and effort into something and get subpar re=ults. What number should I call you at later?

On Mar 9, 2015, at 3:49 PM, jeffrey E. <jeevacation@gmail.com> w=ote:

I te=d to think of these things like a game, you didn't w=n, but you didn't really lose. it is a good lesson on many level=. you are so extraordinary in so many things, =A0 it is healthy that every once in a while you are reminded that yo= are human. these results will have no long term effect =n your life or your career. try to enjoy the process. =A0

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=C2 please note

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