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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Monday, March 9, 2015 8:01 PM  
**To:** [REDACTED]  
**Subject:** Re: Need some motivational words...

but it does have creamsicle. . yum

On Mon, Mar 9, 2015 at 3:59 PM, [REDACTED] > wrote:

new ice-cream store in palm beach on South County. Not very good. Doesn't beat loanes or Emack

On Mar 9, 2015, at 3:57 PM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

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's what is most important

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

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

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

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

On Mar 9, 2015, at 3:49 PM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

I tend to think of these things like a game, you didn't win, but you didn't really lose. it is a good lesson on many levels. ♦=A0 you are so extraordinary in so many things, it is healthy that every once in a while you are reminded that you are human.=C2♦ these results will have no long term effect on your life=or your career. try to enjoy the process. </=iv>

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