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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...

it looks like a six pack hidden in a cooler

On Mon, Mar 9, 2015 at 3:58 PM, [REDACTED] > wrote:

better than not=ing!

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

i m =till getting subpar sixpack

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

Proud of you for going to the gym!!!! Im very =ired but enjoying myself a lot so I think that's what is most impo=tant

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 understand the issue.=br>

On Mon, Mar 9, 2015 at 3:50 PM, [REDACTED] wr=te:

= know — you're right its just disheartening to put so much=time and effort into something and get subpar results. What number should = 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 thing= like a game, you didn't win, but you didn't rea=ly lose. it is a good lesson on many levels. you a=e so extraordinary in so many things, it is healthy that every=once in a while you are reminded that you are human. ♦=A0 these results will have no long term effect on your life or your career= try to enjoy the process.

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