
From: jeffrey E. <jeevacation@gmail.com>
Sent: Monday, March 9, 2015 8:08 PM
To: [REDACTED]
Subject: Re: Need some motivational words...

so am i

On Mon, Mar 9, 2015 at 4:02 PM, [REDACTED] > wrote:

A six pack hidden in a cooler is better than a fa= stomach!!! we should ask Emack or Sloanes to make a creamsicle flavor to =olve the issue. New ice cream store on South County is very high in fat!=C2◆

On Mar 9, 2015, at 4:01 PM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

it looks =ike a six pack hidden in a cooler

=div class="gmail_quote">On Mon, Mar 9, 2015 at 3:58 PM, [REDACTED]

> wrote:

better than nothing!

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

i m still getting subpar sixpa=k

On Mo=, Mar 9, 2015 at 3:56 PM, [REDACTED] =rote:

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

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

just came from my gym. =C2◆ saw my reflection so i understand the issue.

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

I know — you♦=80♦re right its just disheartening to put so much time and effort into s=mething and get subpar results. What number should I call you at later?♦=A0

On Mar 9, 2015, at 3:49 PM, jeff=ey E. <jeeva=ation@gmail.com> wrote:

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

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=C2♦ please note

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