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**From:** Jeffrey Epstein <jeevacation@gmail.com>  
**Sent:** Saturday, November 13, 2010 4:49 PM  
**To:** [REDACTED]  
**Subject:** Re:

now i have to get in shape. I feel like you did in july, and the canadian s=oot

On Sat, Nov 13, 2010 at 7:02 AM, <[REDACTED]>

I know..u r right=even Ben was saying that I see only negative things..which is truth..I tak= good things and turn it into a big drama.I looked on the internet tonight=.to start some cooking classes or workshops or painting or photgraphy or s=th...I take xanax sometimes when I'm anxious or stressed..like once a =eek approximately..that helps..thank you..I'm glad u r better tho!!!:)=

Sent via BlackBerry by AT&T

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--0016363b8ec659859e0494f1fcde-- conversation-id 170741 date-last-viewed 0 date-received 1289666948 flags 8590195713 remote-id 116296