
From: jeffrey E. <jeevacation@gmail.com>
Sent: Tuesday, June 19, 2018 9:30 AM
To: Joscha Bach
Subject: Re: Steaks

two weeks to build up the b12

On Mon, Jun 18= 2018 at 10:53 PM, Joscha Bach <joscha.bach@gmail.com <mailto:~~joscha.bach@gmail.com~~> > =rote:

Dear Jeffrey,

I am still on a steak diet. I have the impression of a slight improvement o= focus and attention. I am also planning to spend a couple weeks separate =rom my family for writing (i.e. Mira will travel with the children and her=parents in Germany, while I lock myself up in a quiet place to get work do=e on the book). I am looking forward to that.

Bests and, as always, thank you so much for your support!

Joscha

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=C2 please note

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