
From: [REDACTED] >
Sent: Monday, July 21, 2014 11:32 PM
To: jeffrey E.

When I really take a look at myself from an outside perspective I see how crazy it is. It is time to start working on getting better.

```
Sent from my iPhone=?xml version=.0" encoding=TF-8"?> <!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version=.0">
<dict>
  <key>conversation-id</key>
  <integer>296218</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1405985505</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>6</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>425663</string>
</dict>
</plist>
```