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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Monday, December 8, 2014 6:40 PM  
**To:** Reid Hoffman  
**Subject:** Re:

your body will adapt to ritual at the same time. you=39;'ll see

On Mon, Dec 8, 2014 at 1:22 PM, Reid Hoffman <[REDACTED]> <mailto:[REDACTED]> > wrote:

yesterday morning, this afternoon. everyday, but not always mornin=s yet. :)

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From: jeffrey E. <jeevacation@gmail.com <mailto:jeevacati=n@gmail.com> >  
Sent: Monday, December 08, 2014 6:10 AM  
To: Reid Hoffman  
Subject:

exercise this morning. ???!!!

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please note

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