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**From:** [REDACTED]  
**Sent:** Thursday, October 2, 2014 4:37 PM  
**To:** jeffrey E.

I have spoken a lot to my psychiatrist. He is so so so smart , Jewish blue e=es. He said the hardest thing for him to get an answer and the thing I stru=gle with sometimes most is what I do all day.

When I really really really had to think under his scrutiny. I realize I spe=d most of my time making a mess and cleaning it up again. It's crazy. My si=ter told me the same 10 years ago in Cape Town when we lived together. A lo= of work ahead of me... ;)

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