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**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>date-last-viewed</key>

<real>0.0</real>

<key>date-received</key>

<real>1405985505</real>

<key>flags</key>

<integer>8590195713</integer>

<key>original-mailbox</key>

<string>imap://jeevacation@imap.gmail.com/%5BGmail%5D/Important</string>

<key>remote-id</key>

<string>134712</string>

</dict>

</plist>