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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Monday, March 9, 2015 7:57 PM  
**To:** [REDACTED]  
**Subject:** Re: Need some motivational words...

i m still getting subpar sixpack

On Mon, Mar 9, 2015 at 3:56 PM, [REDACTED] > > wrote:

Proud of you for going to the gym!!!! Im very tired but enjoying myself a lot so I think that is what is most important

On Mar 9, 2015, at 3:54 PM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

just came from my gym. saw my reflection so i understand the issue.

On Mon, Mar 9, 2015 at 3:50 PM, [REDACTED] > > wrote:

I know — you're right its just disheartening to put so much time and effort into something and get subpar results. What number should I call you at later?

On Mar 9, 2015, at 3:49 PM, jeffrey E. <jeevacation@gmail.com> wrote:

I tried to think of these things like a game, you didn't win, but you didn't really lose. it is a good lesson on many levels. you are so extraordinary in so many things, it is healthy that every once in a while you are reminded that you are human. these results will have no long term effect on your life or your career. try to enjoy the process. it

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