

**Subject:** Re: Thank you!  
**From:** [REDACTED]  
**Sent:** Tuesday, September 23, 2014 12:24:18 PM  
**To:** "jeffrey E." <jeevacation@gmail.com>

I think DeSteno has a more accurate sense than Thiel. DeSteno also has researched about trust & deception.

Using will power IS taxing.

Working with autonomic self-regulation and practices that cultivate that might be far gentler & more effective in the long run.

There are lots of reasons as to why we "fade at 4 pm." Psycho-neuro-immunology brings the endocrine (especially adrenal) piece to this puzzle. There's someone I'm looking into on this work right now.

Xo

iPhone feature: Tupos & Abbrvtns

On Sep 23, 2014, at 8:06 AM, "jeffrey E." <jeevacation@gmail.com> wrote:

yes, peter thiels view is that this also needs to be combined with " will " allocation. he suggests that you are stronr willed in the morning and after having used your reserves it is depleted near the end of the day , and you head for your personal snack

On Tue, Sep 23, 2014 at 8:02 AM, [REDACTED] wrote:

You're in town?! Thought you were away!

Did you see this article:

Bio/summary

<http://www.psmag.com/footnotes/people-behind-latest-issue-pacific-standard-david-desteno-89906/>

Article

<http://www.psmag.com/navigation/health-and-behavior/feeling-control-america-can-finally-learn-deal-impulses-self-regulation-89456/>

No traction really with an affiliation beyond the Advisory Council with the Media Lab.

Now talking with a few others. Was just introduced to DeSteno. Will introduce you if he seems as interesting as I think he is, and you're interested. All of this is very connected to "autonomic resilience."

More soon! How are you?

Thank you!!!

Xoxo  
[REDACTED]

On Sep 23, 2014, at 7:37 AM, "jeffrey E." <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> wrote:

larry summers wife here at 2. you are welcome

On Mon, Sep 22, 2014 at 11:50 PM, [REDACTED] wrote:

F -

Apartment fabulous! Saint Sue has been a sweetheart!

[REDACTED]

Thanks to you - I can manage food, get rest, etc.

Super super grateful!

Xo  
[REDACTED]

iPhone feature: Tupos & Abbrvtns

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