

To: [REDACTED]
From: Jeffrey Epstein
Sent: Sun 10/10/2010 10:27:08 AM

I think you had a great idea . You should write out a contract of consistiing of how you find yourself in this place. what i have said , and what specifically you intend to do.. actions actions actions for example, 1 everyday I will stand on my head for 20 minutes. .. not i will do yoga

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