

**To:** afri xp[afri xp@hotmail.com]  
**From:** Jeffrey Epstein  
**Sent:** Mon 11/26/2012 2:43:10 AM  
**Subject:** Re:

its like training for a marathon, Im with you

On Sun, Nov 25, 2012 at 6:14 PM, afri xp <afri xp@hotmail.com> wrote:

Txs a lot Brother for the advise. I really appreciate and will follow advice.

See u soon and will call u tmrw

---- Envoyé avec BlackBerry® d'Orange ----

-----Original Message-----

**From:** Jeffrey Epstein <jeevacation@gmail.com>  
**Date:** Sun, 25 Nov 2012 13:44:34  
**To:** <afri xp@hotmail.com>  
**Subject:**

exercise and sleep. , you MUST stay mentally strong. watch movies. do anything that takes your mind off of the issues for awhile.. waking up in the middle of the night is normal

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