

From: [REDACTED] <[REDACTED]>

To: jeffrey epstein <jeevacation@gmail.com>, [REDACTED], [REDACTED], [REDACTED]
<[REDACTED]>

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On my way to airport, feelin much better today, revising all my techniques and will look for a banana at the airport to practice in the toilet. I am sure the hotel has lampshades I can put over my head. [REDACTED] thank you for all your help and tips. You have been aamazing .I have been doing the but exercises and will continue with them. Can't wait to put my lessons to real use!!!!!!!!!!!!!!
Sent from my iPhone