

From: "Nowak, Martin" [REDACTED]

To: jeffrey E. <jeevacation@gmail.com>

Subject: Re:

Date: Tue, 19 Jan 2016 19:15:42 +0000

digesting thought
digesting/completing learning
deleting nonsense

getting ready for the next fight
in the best possible state of alertness

On Jan 19, 2016, at 1:07 PM, jeffrey E. <jeevacation@gmail.com>
wrote:

evolution of " sleep?

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please note

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