

**From:** "[REDACTED]"

**To:** "Jeffrey Epstein" <jeevacation@gmail.com>

**Subject:** Re: Re:

**Date:** Thu, 11 Nov 2010 08:43:28 +0000

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I learned a lot this weekend. It was a very dynamic seminar. I'll try to keep this short.

One of the core things I learned is to raise my standards. Nothing can get better until you do. It's like a muscle, first you lift 60lb and its ok then go to 100 120 140 and eventually 160 is easy. It applies to everything business, relationships, health, how I spend my time.

Another thing is to cut the bullshit, stop assumptions and excuses. Just state facts without the story, this will cut the complexity of events in half.

Something else I learned is visualization. Your brain can't tell the difference between something real and imagined. For example if I see myself talking a client and closing in detail, in my brain it already happened. When I talk to the client in reality for me it happens for the second time so I am more confident.

There were a lot of useful exercises but one of the most amazing things that I experienced is that I felt at home. My goal was always to be among positive high achieving people that define the odds and ignore bullshit. At the seminar I was in a room of thousands people like that, the energy was amazing. This is the kind of people I would like to be around.

What did I take from the seminar that I can apply right away? I stopped taking medicine for depression and I feel great. I know you don't approve of this, but I don't need it anymore and there is no way I will take it just to be comfortable. I have 5 specific things I will do to improve my business and give it a kick in the slow winter season. I am starting to exercise finally (never did in my life consistently). I am very excited to do it. I figured out the way that it could be fun. I am going to watch my diet for the next 2 weeks and do my best to up my energy and drop 15lb (vegetables, low sugar fruit and fish), nothing else. I am raising my standards at work (do more advertising, 10 cl a day, 40 ny times, qualify differently and spend 15 to 20% on proactive stuff) This means going after new landlords, getting exclusives, experimenting with flyers on campuses, corporate and student accounts.

I thought it might be a good idea to experiment w having a good boyfriend relationship. I really like this guy Gregg. I could marry him. Not that I want to. He is great but he is a B+ I want an A plus. He is better than anyone I dated in year but still not quite right long term, although I really enjoy spending time with him. So I thought at first " he is a little boring", then I realize NO I am boring. If I want to make it fun, I have to bring it. I think it's good practice for the future to try to make a happy fun relationship. By the way I went to my mom's bday and everyone there told me I don't look a day over 21. I realize it's brooklyn and its more like 24 by manhattan standards, but regardless I look young and hot and improving. It helps that I don't take myself too seriously and have fun.

So much for keeping this short... It is actually very soothing to write to you. It's like keeping a journal. Mostly I feel like I am doing it for myself because you don't answer! That's ok, at least I know you read it.

I really want to go to another Tony Robbins seminar. It's more in depth and it teaches you how to align what you do with what you want and get clear direction and purpose among other things. It's in December. I would put it off, but its is held in us only once a year. If I make enough money in November I will go. I am on a mission :) I think it will really reinforce what I learned and help me do what I know already as well as give me more clarity on what I want to accomplish and how to do it. Also I think the people there will be great. Its 6000 so it will be limited amount of people and probably the best ceo's and small business owners and its in Palm Springs. I have

to find a way to pull this off.

If you think I am a little too enthusiastic about this stuff I will give you my workbook, CD's DVD's so you understand for yourself what I am talking about.

On more fun note I met this girl Stephanie, she looks cute to me. She did Irina's show. We'll see what happens.

I really look forward to seeing you! If you could invite me for Christmas or somewhere close to that date to the island that would be awesome.

Kisses

Sent via BlackBerry by AT&T

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**From:** Jeffrey Epstein <jeevacation@gmail.com>  
**Date:** Wed, 10 Nov 2010 01:14:30 -0500  
**To:** <[REDACTED]>  
**Subject:** Re: Re:

i have spotty email access,

On Wed, Nov 10, 2010 at 12:31 AM, <[REDACTED]> wrote:

It seems like we are having a one sided conversation. Is there any point of me to continue?

Sent via BlackBerry by AT&T

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**From:** Jeffrey Epstein <jeevacation@gmail.com>  
**Date:** Mon, 1 Nov 2010 09:40:49 -0400  
**To:** <[REDACTED]>  
**Subject:** Re: Re:

ill be back in two to three weeks.. keep it up

On Mon, Nov 1, 2010 at 2:02 AM, <[REDACTED]> wrote:

Wow Jeffrey,

I went out with Greg again. Run into Henry and joined Paolo at Cipriani. He is really great. I feel so amazing and comfortable with him. I didn't know guys like him existed. We look really cute together. I will send you photos. The last time I liked a guy like that I was 18. The wonderful part is that it is mutual. He is 48. I don't mind I think it's a good age for me. He is totally in shape and looks much younger. We have a lot in common. He dressed as superman and I dressed as super girl tonight. It was totally cute. I am excited to see where it goes.

At work, I did a fantastic job today and got a deal. This time it wasn't luck, it was my persistence. I am very excited for November.

Also excited to catch up with you!

Xoxo

Sent via BlackBerry by AT&T

**From:** Jeevacation <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>

**Date:** Sun, 31 Oct 2010 08:25:55 -0400

**To:** [REDACTED] <[REDACTED]>

**Subject:** Re: Re:

Ok

Sorry for all the typos .Sent from my iPhone

On Oct 31, 2010, at 8:14 AM, [REDACTED] wrote:

I am glad you like what I am doing.

Can you invite me to the island in the next 3 months? It would be great to spend some time with you.

Sent via BlackBerry by AT&T

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**From:** Jeffrey Epstein <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>

**Date:** Sun, 31 Oct 2010 06:34:18 -0400

**To:** <[REDACTED]>

**Subject:** Re:

great

On Sun, Oct 31, 2010 at 12:00 AM, <[REDACTED]> wrote:

Hi Jeffrey,

Sometimes when I write you I feel like I am talking to myself. It's ok, I understand that you are busy.

I am rocking it with real estate. I have a few deals in the works and a couple of great ideas for advertising. Between me and my intern we will walk all the buildings in gramercy and east village and get the management company of every building (the phone number is legally required to be in the lobby). We will call and ask to send us listings. I will also have her put the flyer I created in colleges and language schools. This should get some calls.

I met a really great guy. His name is Greg. He is a millionaire and has a real estate company. He is one of the nicest, most respectful, humble, intelligent and smart people I ever met. I had a great time with him and I am going out with him again tomorrow. It feels like we have known each other for years.

I am also helping Pascal get a green card. I am very excited about it. I am happy I can do something that is very important to her. She is a very special talented person and I want her to have the best opportunities.

This week I am going to Life Coaching Business development seminar with some of the people from my company. I am very excited. It's a seminar by Tony Robbins. I have been following his teachings for years, that's how I got your attention. If it wasn't for his advice I would not last more than a week with you. It is really great that my company is encouraging me to go. I believe it will up my production level by 70% or more. Great stuff.

I saw Henry the other day. He seems distressed and like he really needs a hug. I wish I could do something to make him feel better. He has been an amazing friend to me. Basically he made sure I was ok until you are back. I want to give something back to him, but I don't know what it is.

I am really happy at work. I love the girl I am working with (Flavia). She does all the annoying things I don't like to do and helps me close deals. She is very warm and is great at connecting with clients. I paid for her to go to the seminar with me because I thought it was crucial to our business and she send me such a nice email telling me how happy she was to have me in her life. That made my day.

All good with me. Pretty happy right now. I just wish I could share it with you, because I really think of you as my family. You gave me a great foundation and I am forever grateful.

Wish you a happy halloween!

Big kiss  
[REDACTED]

Sent via BlackBerry by AT&T

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**From:** Jeffrey Epstein <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>

**Date:** Wed, 20 Oct 2010 15:29:41 -0400

**To:** [REDACTED] <[REDACTED]>

**Subject:**

give me a number to call

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