

From: Daniel Siad <[REDACTED]>
To: Jeffrey Epstein <jeevacation@gmail.com>
Subject: Hello from Paris and Welcome back
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Hello Jeffrey Please read this Article when you have times

best regards

Daniel

You may come to a point where you ask yourself, “Who am I?” Circumstances that would make you reflect on the life you have lived are inescapable.

These are life events that allow us to define ourselves in our own terms – by our personal hopes and beliefs, our memories, our interests and dreams.

However, it is not only the things that we accept and believe in that characterize our individuality.

We also define ourselves by the things we refuse to accept, the truths we deny, the people we ignore, or the situations we look pass through.

How we define ourselves define, in turn, our outlook in life – our attitude.

And our attitude influences how we define that single feeling that every one of us desires to achieve – happiness. How we define joy, delight, and bliss lies on the set of attitudes we uphold.

We all know how positive attitude plays an important role in promoting happiness.

But then again, happiness is an attitude.

As rational beings, we are aware of the fact that we are surrounded by good and bad things. And so experiencing the good and the bad are inevitable.

Therefore, our ability to feel happiness is measured by how we see the things that happen in our life.

It is our personal mind set that defines how, when, where, and why we should feel happy.

Let us take responsibility for our own happiness then.

We know that we live not in a perfect world but we must also remember that we are given the freedom to choose to live a life filled with appreciation, gratitude, and contentment.

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