

**From:** "Gmax" <[REDACTED]>

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

**Subject:**

**Date:** Wed, 26 Aug 2009 19:43:03 +0000

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■ so sorry. I just keep hoping that things will get better and you can regain your life and be peaceful. You not sleeping is not going to help. You have to sleep. I need you to sleep and be in a better frame of mind all for selfish reasons - if you're sleeping and firing on all cylinders then you will deal better w/everything and get better results which is ultimately good for all. V selfish see :)