

From: "jeffrey E." <jeevacation@gmail.com>

To: "Nowak, Martin" <[REDACTED]>

Subject: Re:

Date: Tue, 19 Jan 2016 19:23:47 +0000

digestion goes on all day

On Tue, Jan 19, 2016 at 2:15 PM, Nowak, Martin <[REDACTED]> wrote:

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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