

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

**To** [REDACTED]

**Subject:** Re: Happy Birthday Jeffrey!

**Date:** Fri [REDACTED] Jan 2017 10:49:38 +0000

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please send recent photo?

On Fri, Jan [REDACTED] 2017 at 1:16 AM, [REDACTED] wrote:



On Thu, Jan [REDACTED] 2017 at 10:15 PM jeffrey E. <jeevacation@gmail.com> wrote:  
great news thx

On Fri, Jan [REDACTED] 2017 at 12:57 AM, [REDACTED] wrote:  
Dear Jeffrey,

Happy Birthday! Wishing you lots of joy, vitality, happiness, lots of magic memorabile moments with people whom you love and who love you, interesting fulfilling projects, fun and whatever you desire.

Here is what I've been up to:

I am still working as a massage therapist for soothe and private clients. I love it. It's eye opening to meet many different people and see different houses. It's rewarding to help people in even in a small way and I enjoying knowing I made a difference and brightened up their day.

I finished IPEC life coaching certification. I would like to transition to coaching in the next year or two. My goal is to work with women in their 20's and 30's to help them find direction, clarify what they want in life and work out any obstacle's (internal) they may need to resolve to live the life that they want.

Easier said than done. 😊 So right now I am working on cutting my own bullshit so that I can be a good example and demonstrate results with my attitude and behavior. For the past 2 month I am working with a professional life coach, to bring to my awareness any sources of anxiety and stress reactions and work it out.

Through this process I am reading and listening to a lot of cool brain books. One that stood out for me was the "Neurobiology of We" by Daniel J. Siegel. It is an audio book available at [audible.com](http://audible.com) This book is by a Harvard Medical Doctor in which he presents information about early attachment style and how it effects our lives and adult relationships. May be someone you know might enjoy it, great book.

I am still with the same boyfriend, we are going out for 2+ years. It's the best relationship I've had so far. We give each other plenty of space, yet we are close when we are together.

I am enjoying LA, the weather, beautiful nature, cheap rent and lots of open space. I love living in West Hollywood , it's vibrant and yet quiet enough for me.

Thanks for taking the time to read my email. Wishing you a wonderful day!

Love  
[REDACTED]

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please note

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