

Subj: **Thanks Peter!!**  
Date: 8/28/2007 12:18:18 P.M. Eastern Daylight Time  
From: Ja.  
To: PETERSKLAR

Hey Peter,  
this is Alex Allmark from Beginnings.  
I just want to say I had an amazing time at the workshop. Thank you so much!  
The meals weren't even that bad (except maybe the curried tofu). I think I might  
want to try to stick to that kind of diet.

Are you going to come back to Rhode Island? I know people who would like to  
come hear you talk.

Thanks so much,  
Alex Allmark

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