
From: H.K.H. Kronprinsessen [REDACTED]
Sent: Friday, January 11, 2013 8:54 PM
To: Jeffrey Epstein
Subject: Mindfulness meditation training changes brain structure in eight weeks

<http://www.sciencedaily.com/releases/2011/01/110121144007.htm>

```
<?xml version="1.0" encoding="UTF-8"?>
```

```
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
```

```
<plist version="1.0">
```

```
<dict>
```

```
  <key>conversation-id</key>
```

```
  <integer>140287</integer>
```

```
  <key>date-last-viewed</key>
```

```
  <integer>0</integer>
```

```
  <key>date-received</key>
```

```
  <integer>1357937652</integer>
```

```
  <key>flags</key>
```

```
  <integer>8623750145</integer>
```

```
  <key>gmail-label-ids</key>
```

```
  <array>
```

```
    <integer>6</integer>
```

```
    <integer>2</integer>
```

```
  </array>
```

```
  <key>remote-id</key>
```

```
  <string>269066</string>
```

```
</dict>
```

```
</plist>
```