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To: [ginalyn@adelphia.net](mailto:ginalyn@adelphia.net)  
Date: 5/10/2004 1:36:35 AM  
Subject: Mood chart

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Hey there,

I would love a copy of your mood chart. I havent done this before but Im willing to give anything a go. I dont ever want to get as bad as I did over the past 4months.

Hugs and thank you for shareing.

Wishes.

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