
From: [REDACTED]
Sent: Saturday, March 5, 2011 3:47 PM
To: Jeffrey Epstein
Subject: Re:

this is very interesting, i definitely have low self compassion.

but i can't quite figure out its message, is it my crazy dyslexia or does it advocate that we should try to increase our self compassion and be kinder to ourselves though at the expense of being less kind to others - raising your own self compassion bar makes you happier but in doing so makes you less thoughtful towards others.

On Mar 5, 2011, at 7:48 AM, Jeffrey Epstein wrote:

<http://well.blogs.nytimes.com/2011/02/28/go-easy-on-yourself-a-new-wave-of-research-urges/>

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