

Travel ~~letter~~ Thailand Omer ~~invoice~~ via 12-uk 3/12/24

Self-confidence w. humility
↳ belief in self/own ability

Assertive v. Aggressive.

* unfair w. authority [STAPH]
* feels unappreciated.

May still in hospital - has
taken on his responsibility

[Reduce/repair stress ↔ inflaming]

Holding strong despite pressure
@ work + home.

COAKJ

①.R.

Expect to be given opportunity
+ recognition (? Cornium)
feels people don't care - uninterested

③ Emo + Mental energy feel good (See Salt?)
Meal Supp - (R) Improved.

Sinus blocked

Hernia surgery success no mesh (Nov '23)
(umbilical + inguinal)

• Sleep - wakes ~~2~~ 2am but naps during day