

(3)

of Body & Mind,"
interested me. Will
you tell me more about
what you have in
this book? Maybe it
will help you break
yourself of biting
your nails! Would you
like me to try to
help you break this
habit?

I am going to cut
out all sweet stuff,
fudges and everything.
But I am anxiously
waiting ^{for} another box from
you. The other box sure