

Thank you

From Brian Kirwin brian@kir

To Peter Sklar petersklar@aol.com

Sat, Aug 22, 2015 12:47 pm

Now that the whirlwind has passed and my daughter is off to college, I'd like to say how grateful I am for what you've done for my daughter and surely countless others over the many years you've done this program. The easiest thing to notice is the self confidence Regan has just after a week of your program. The experience was really good for her. Also, her diet has improved and although she isn't working out at 8am any morning, she is already swimming laps in the college pool.

Don't know if she'll ever make it to the professional stage, but regardless she took major steps to becoming a more mature person due to Beginnings.

You know what you're doing...obviously. Best wishes in the future.

Brian Kirwin

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