



**Leonard Clinton Williams III [REDACTED]@gmail.com>**

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**Re: Email 12/26/2023**

**To:** "Division, Criminal (CRM)" <Criminal.Division@usdoj.gov>, civil.feedback@usdoj.gov

"This could include restorative practices like mindfulness, adequate rest, gentle physical activity, or engaging in hobbies or activities that bring you joy and relaxation"

- I have done every one of these. They do help. My Kasina regimen can be considered a variation of mindfulness, I think. I get adequate rest every night. I pace the floor every day. I work on my website and software projects. I need my own place to live, with space that is very spread out. I need a huge bedroom.

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Warmest Regards,

Clint Williams

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