



LIVE AUDIOCONFERENCE

Relaxing at High Speed: Effective Solutions to Ease Constant Stress

Presented by Jeff Davidson, MBA, CMC

If you're a business professional, you know what 'living life in the fast lane' means. Don't let time run over you — learn to work at a comfortable pace!

Technology overkill, hectic schedules, travel hassles and constant lack of time is the order of the day. RELAX! There's a way to a better and balanced life — we'll show you how!

Tuesday, July 22, 2008
11:00 am ET/10:00 am CT
9:00 am MT/8:00 am PT
Length: 60 minutes

Join our work-life balance expert, **Jeff Davidson**, for an inspiring teleseminar where he'll teach you a variety of strategies for relaxing in the face of pressure.

In this **60 minute** session you'll learn:

- Why the **pace of business and life is never likely to slow down** — you need to learn to work with it.
- The **contributing factors to frenzy** and how can you recognize them.
- How to **reclaim some control** right now and feel better about each day!
- How to embrace "**relaxing at high speed**" as a long-term philosophy.
- How to achieve a "**separate peace**" despite everything!
- **And much more!**

Learn the fundamentals of work-life balance for a happy future. Wake up ... this is your chance to reclaim your life!

Bonus: Ask Jeff your most pressing questions during our live, interactive Q&A session right after the presentation!

Order Below or Call 866-574-1995 Today!

Your Expert Speaker



Jeff Davidson is the work-life balance expert on managing information and communication overload for our time-pressed workforce. In 1995, Jeff founded the Breathing Space Institute based in Chapel Hill, North Carolina, on the web at www.breathingspace.com.

As demonstrated at more than 750 live presentations, to clients such as AmericaOnline, Banc of America, Swissotel, IBM, RE/MAX, Executone, U.S. Postal Service, American Express, and Lufthansa, he is a captivating speaker and presenter, able to hold an audience's attention by combining outstanding content with humor, flare and inspiration.

Jeff is the author of *Breathing Space: Living and Working at a Comfortable Pace in this Sped-up Society*, *The 60-Second Organizer*, and *The 60-Second Self-Starter*. He's been quoted in publications such as the *New York Times*, *Washington Post*, *Los Angeles Times*, *USA Today*, *Christian Science Monitor*, *USAir Magazine*, *American Way*, and *Delta Sky*, and has been featured on 175 TV and radio talk shows. His latest CD audio book, *The Power of Simplicity*, is a 4-disk set which offers instructions on simplifying every part of one's professional and personal life.