



## 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](http://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.