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MARKS

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Jeff Davidson
Breathing Space
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Jeff,

I very much enjoyed your talk today. While clearly related to everything you spoke about, I found that I practiced many of the things you suggested. As "antidotes" such as taking 20 minutes a day away from my desk, clearing the clutter off the top of my desk every night, "disconnecting" whenever I can etc. I never really understood why until I listened to what you had to say today.

The talk was entertaining and informative and was done very well. You knew enough about our business to what you said relate to it and I am going to try to practice many of the strategies you spoke about in order to combat PIMPC.

I wish you continued success.

Mark