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April 3, 2008

Jeff Davidson  
Breathing Space Institute  
2417 Honeysuckle Rd., #2A  
Chapel Hill, NC 27514

Hi Jeff,

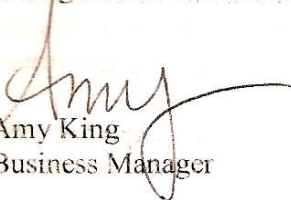
Well, here I am, first day back after your seminar, to my short-term list of urgent things to do before a major event we are having next Friday. As I write this letter, the entire University is experiencing an "outage" of everything—Internet connectivity, email, remote servers, the works. Our IT folks don't know what caused the outage or when services will be restored. So thanks to my local drive, I am able to write this. It is amazing to me how much we rely on technology to communicate with the outside world.

Thank you again for your energetic, enthusiastic and articulate presentation of guidelines that I'm counting on to change my life. Several, if not all, of the items you presented pertain directly to the challenges I face each day at work. With the new tools I acquired at your seminar, I feel much better equipped and "armed" to not only protect what comes into my kingdom, but also to adopt new ways to "rescue" myself from paper and electronic clutter. As you so aptly put it, "No one is coming" to help me. I feel empowered just knowing that I have your guidelines to help me on my journey to cleaner spaces, a clearer mind and hopefully, a simpler life.

I especially enjoyed your segment on sleep, as I am a firm believer in getting 7-8 hours per night. I learned from a physiology course about the connection between sleep cycles and our endocrine system and how lack of sleep contributes to weight gain and a rise in our stress hormones. I still have the dog issue, which I have moved to the top of my to do list!

In sum, your seminar was enlightening, educational and just plain fun! It gave me two full days of "breathing space" away from email and away from work that I desperately needed. I'm really looking forward to receiving your book, and hope that our paths cross again.

With gratitude and warm regards,



Amy King  
Business Manager