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Jeff Davidson
Breathing Space Institute
2417 Honeysuckle Road #2A
Chapel Hill, NC 27514-6819

Dear Jeff,

I wanted to thank you for the wonderful workshop on Stress Management. I got lots of useful information that I could put into practice right away. So I am conditioning my environment and giving myself completions along the way!

I also am going to manage the beforehand next month when I take a week off over Christmas. Hopefully this will help to avoid that post vacation slam and make the time I spend with my family more relaxing.

Thanks for giving us permission to make choices about what information we want to absorb!

Sincerely,



Pat Conners
Employee Relations Specialist