



November 24, 1999

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

Dear Jeff,

Just a note to thank you for your recent presentation in Pierre, SD. I have shared the 5 mega-realities with my co-workers, and what we need to do about it.

The real challenge will be to reflect on my own habits and behavior to insure that I am not setting myself up to be slimed, that I learn to manage the beforehand, pare down, practice deskmanship (a tough one for me), ignore the gore on TV (and, I wonder why I leave the house depressed), and make less serve as more.

I had a friend who died prematurely at age 41, but who truly lived a graceful, peaceful, loving life. Her favorite saying was, "Happiness is not having what you want, but wanting what you have."

Again, thank you for an inspiring presentation.

Sincerely,

Gayle Steiger, MHR

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