

CAL POLY

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Dear Jeff,

Thanks for agreeing to speak on *Managing Information and Communication Overload* to the attendees at the recent IAAP Future Perfect conference in San Antonio.

This was my first conference sponsored by the association and I was impressed with the speaker selection and overall professionalism of the event. I particularly enjoyed and benefitted from your session. The subject was timely and your presentation was both light and informative. I appreciated the specific examples of "completions" and "replacement" included in the binder materials, as well as the "giveaways" during the session. (I've already *miniaturized* key points and passed on the materials to a respected colleague who was unable to attend the conference.)

Several years ago I got started on my simplicity journey after reading "Clutter's Last Stand - How to Dejunk Your Life", and am currently reading "Simple Abundance". Your talk gave me a needed boost with a twist, that of *breathing space*; being now in the second half of my life, it becomes more of a necessity not to be denied.

I've been practicing "the art of doing one thing at a time" and "keeping the flat surfaces clear". I am enjoying creating scrapbook memories so much more without the TV on and I stopped listening to "The Today Show" every morning while getting ready for work "just to get the daily weather report". I've also made a conscious decision to be more selective about what I read and the movies I see. (But I still don't know if I can part with those "collectible" LPs that I hardly ever play.)

Thanks again, and for your website!

Sincerely,



Jana Favalora
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