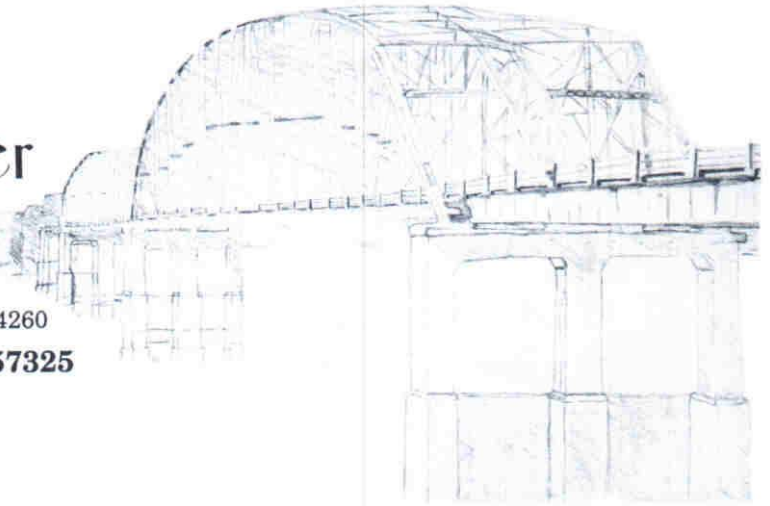


Chamberlain Adjustment Training Center

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November 23, 1999

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

Dear Mr. Davidson,

Upon returning from the two day inservice in Pierre, SD that you completed on Stress Management, I came back to my cubical and decided to clean house. Knowing that one can not make major changes in a day, I have been cleaning my office space and attempting to rid it of things that are not necessary for my existence. Additionally, I have also tried to structure my day at home to give more undivided attention to my daughter. However, entirely wanting to do this it is very difficult as I am a single mother and need to fill all the rules in my daughters life the best I can. She is my number one priority and work is next as with out working I would not be able fulfill her needs ie. a place to live, food to eat extra. Additionally, I felt that you provided us with good information and now it is up to us to implement the information that we feel best suits our situations and place in life.

Sincerely,



Jennifer Odens
Program Coordinator