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**Champlin
Medical Center**
Allina Medical Group

Dear Jeff

This letter is to let you know I thoroughly enjoyed your talk at Arrowwood resort. I particularly needed to be reminded to take the time, without feeling guilty. Our lives are going way to fast and I have had trouble finding any "time" for me lately. I own a hobby farm with a huge yard, three horses, and four dogs and do adult foster care on top of managing the clinic.

Life is going way to fast. I do leave on time each night, and I have learned to say no. Now I need to learn that I don't need all the monetary things I thought I needed, and cut back to a more simple slow life.

Thanks again

Lynn Jacobson

Clinic Manager