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Dear Jeff:

It was a pleasure to attend your session at the ERC convention in Las Vegas last week. Your information was insightful and fun! I now realize that although we are in the "tech age" and have more options for communication available, we can stress ourselves out by all that is available.

I agree with you! I would rather live a shorter life and "smell the roses" (not your exact words), than live a hectic, fast pace life and live to be 125. Unfortunately, or fortunately, I believe we learn these things with age! At age 41, I am already ready to slow down to lower my stress levels. Another angle is to plan for your financial future at an early age so that you can make choices... to work or not work in the later years (early later years). Too many people do not do this and the added stress of making ends meet coupled with the fact that our life expectancy is longer is further added stress.

Thanks again for your insights and the great information! I will look for you in the future. I also look forward to receiving the tape of the session you gave.

Best regards,

Sandye Christofferson
Relocation Director