



DAVID ARNOLD & ASSOCIATES

CONSULTING

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Jeff Davidson, MBA, CMC
Breathing Space Institute
2417 Honeysuckle Rd., Suite 2A
Chapel Hill, NC 27514-6819

Dear Jeff Davidson,

Since hearing your talk last month I've been applying some of the tips you gave us, and want to thank you. I've attended numerous programs on time management, stress reduction, balance, and the like, and while many left me at the end of the session feeling motivated and energized, their impact usually fizzled out within a day or so. You, on the other hand, gave us concrete workable steps we could take, and I've found that those steps really work.

Thank you for an enjoyable, useful, and thoroughly professional presentation, and even more, for helping be create some breathing space. I'll be watching for an opportunity to hear you again.

Sincerely,

A handwritten signature in blue ink that reads 'David Arnold'. The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

David Arnold, Ph.D.