



*" Florence is our home "*

---

August 10, 2000

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

Dear Mrs. Davidson

I was recently at the Independent Bankers Convention in Savannah Georgia and had the opportunity to hear you lecture. I found your comments about information overload duplicates my daily work rituals to the tee! I receive tones of email, mail, and have numerous commitments to outside projects. This obviously produces extremely high levels of stress and lack of time with my family.

I was very motivated when I left your meeting; however, since I've been back to work I have been unsuccessful in altering my work habits. I heard you but implementing this change may be difficult. At least I think I'm pointed in the right direction.

Great lecture!!!

Sincerely,

A handwritten signature in black ink, appearing to read "Rick Saunders, Jr.", with a long horizontal flourish extending to the right.

F.R. (Rick) Saunders, Jr.  
President