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Mr. Jeff Davidson  
2417 Honeysuckle Road  
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Dear Jeff:

The "Breathing Space" seminar which you gave to WOKR staff while you were in Rochester was an inspiration to me! As you know, the media business is one of the fastest paced industries in this sped-up world you describe. As Public Affairs Director at a TV station I get hundreds of requests daily to save the world. I'm overworked, nearly always overwhelmed, and no matter how much I do, I still feel I'm not doing enough. That is the sickness of these times...feeling somehow responsible for "knowing" and "doing" something about "everything"!

What a relief to learn that my feelings are normal and shared by some 7 billion people planet wide! Your discussion of the 5 mega realities influencing our present lifetime was enlightening and helpful. Alvin Toffler's Future Shock predicted these trends in the 70's and you give coping mechanisms to deal with them in the 90's.

You'll be pleased to hear that I wrote notes requesting my name be removed from mailing lists and the junk mail registry. I'm cutting down on the paper. Doing errands on Mondays. Trying to reduce major interest areas to seven (I'll never make it to only two!)

I look forward to the news series airing during November sweeps. I'm sure people will find it stimulating and beneficial.

Keep up the good work!

Sincerely,

Charlotte Clarke  
Public Affairs Director