



HAWORTH®

August 23, 2002

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

Dear Jeff:

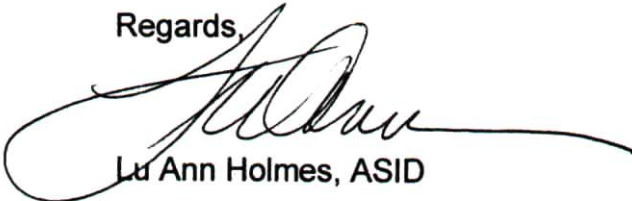
Thank you for participating in the ASID retreat in Sedona. I look forward to receiving the tape to hear more of your timely message.

I thoroughly enjoyed the weekend. It was a wonderful setting in which to have a seminar with topics such as yours. My personal goal was to have some hints to reduce the stress and be able to make better decisions. Some of the ideas you gave us were repeats from other seminars but obviously ones I have not yet incorporated into my life style. The group round tables provided interesting insights into interpretation and various priorities of the group.

Personally, I have begun the elimination of clutter by attacking one space at a time until the task is complete. For a change I am fairly non-emotional about the process. That had been a major stumbling block. My second task is getting off the lists of some much secondary mail sources. That is slow but in progress.

As for input on the presentation, your energy level was contagious and I enjoyed the style with which you shared the presentation. I would liked to have seen more "answers" to the question of managing the chaos. It seems that an advanced course on this topic is probably among your offerings. I do recognize the need to start at ground level with a new group of participants. The topic is of great personal interest to me and the information is useful at the right time in my life. The program was very much worth my time and money.

Regards,



Lu Ann Holmes, ASID

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