



September 15, 1997

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

Dear Jeff,

Obviously I need more breathing space since I'm just responding to your presentation you made to IBM on September 5th.

I enjoyed your presentation for two reasons. The first is because you gave some concrete reasons for why we are all so chaotic and needing 36 hours in a day. A few of your ideas had not occurred to me, but clearly they impact this constant feeling of stress. The second is because you included in your presentation some simple ways to address these factors. Some I am doing already (stop listening to the Today show in the morning), however, there were others that you suggested that will be helpful as well. I'm looking forward to implementing them. Knowing there are some tangible things to do to have a positive impact helps reduce the stress level alone.

My thanks to you for shedding light on a subject that aggravates us all on a daily basis.

Sincerely,

A handwritten signature in cursive script that reads 'Anne Maliff'.

Anne Maliff  
Technical Support Manager  
IBM Corporation  
1605 LBJ Freeway, 1st fl  
Dallas, TX 75234