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March 15, 1999

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

Dear Jeff,

I attended your training session at Highland Community College in Freeport, IL on March 9, 1999. Even though you had a difficult time getting to us due to the weather (beyond your control ... unless you have a real "in" with Mother Nature), it was well worth the wait. I found some of your ideas to be very helpful. One topic that I found very useful, was the idea of giving yourself positive feedback rather than negative thoughts during the day. I have found that rewarding myself for certain accomplishments has made a difference in my attitude.

Sincerely,

A handwritten signature in blue ink that reads 'Mindy'.

Mindy S. Borgmann  
Consumer Services Officer  
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