



Legacy Portland Hospitals
Legacy Emanuel Hospital & Health Center
Legacy Good Samaritan Hospital & Medical Center
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February 18, 2001

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

Dear Mr. Davidson,

I am writing to express my pleasure with your presentation at the Legacy Health System conference back in October 2000. You offered some great ideas, many of which I wish I had the personal strength to implement.

One of your suggestions that I have done pretty well with, however, is getting more sleep. It was especially hard in the beginning—not for me, but for my partner. The 10:00 news was part of our nightly routines, and he offered quite a bit of ‘kicking and screaming’ when the TV was being turned off at 10! When I explained that either the TV was going off at 10 or the TV was moving out of the bedroom completely, he started to see things my way!

I will thank you in advance for sending the cassette recording on how to have more Breathing Space. Again, I thoroughly enjoyed your talk and style of communication. It was easy to listen to and it drew the crowd into the topic. Thanks again!

Most sincerely,

A handwritten signature in cursive script, appearing to read "Paul Schneider".

Paul Schneider RN