



March 19, 1999

Mr. Jeff Davidson
Breathing Space Institute

Dear Jeff:

Of all the seminars at the recent IAAP conference, I enjoyed your seminar the most. I feel I took home some very valuable information that will help me not only at work but also in my personal life. I particularly liked your comments on "completions." I have been trying to use the "completion" method of thinking as I do tasks. I find I feel much less stressed when I do.

Sincerely,

A handwritten signature in cursive script that reads "Sara Wilson".

Sara Wilson