



## MediCorp Health System

1001 Sam Perry Boulevard  
Fredericksburg, VA 22401

March 30, 1999

Mr. Jeff Davidson, MBA, CMC  
Breathing Space Institute  
2417 Honeysuckle Road  
Chapel Hill, NC 27514-6819

Dear Jeff:

I attended the IAAP "Future Perfect" conference in San Antonio March 15-17, 1999 and heard your "Managing Information and Communication Overload" presentation. Now that I've been back at home and work for a week, I wanted to tell you how valuable your presentation was to me.

I find that I remember more tips and ideas from your presentation than from any other session I attended. I have put to use many of your ideas and suggestions, both at home and at the office. I've also been telling people around me about what I learned from you. Your tips on handling magazine subscriptions, "guarding the flat (and other!) surfaces of your life", the replacement principle, Action Steps and Differentials are all ideas that I can, and am, putting to use immediately, everyday, in all facets of my life. I have given myself many "completion's" and have felt really proud of myself for those accomplishments!

My husband is particularly happy that I have decided to let some magazine subscriptions lapse as I have told him how guilty I felt for not always reading them, and I don't even enjoy all of them! I realize that I already feel freer knowing that they won't even be coming in to the house to clutter it up!

Thank you for such an enjoyable and useful presentation! I plan to read several of your books, and hope to find you on the agenda of some future conference I attend.

Sincerely,

A handwritten signature in cursive script that reads "Karen Esteppe".

Karen Esteppe