

Subject: Update

Date: Mon, 16 Aug 1999 16:11:23 -0500

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To: Jeff@BreathingSpace.com

August 16, 1999

Mr. Jeff Davidson

BreathingSpace.com

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Dear Jeff,

A few months ago, I attended your seminar "Creating More Space and Time in Your Life". It was very interesting and contained a lot of ideas, suggestions, etc. to make life a little more enjoyable. I dutifully wrote down a number of suggestions and vowed to do a number of them.

As usual, I did not do them all. I did however, do one of the suggestions and have not forgotten that I want to add one or two more as time progresses.

The one I added was your suggestion to "turn off the radio on the way to and from work". I must admit I don't do it all the time, but it is a conscious effort that I make and it does make a difference. Your seminar made an impact on my life, and as I add other items, I believe it will continue to make a difference.

Thanks so much for the wonderful lessons and suggestions.

Best Regards,

Susan Kubiesa

Manager, Domestic Relocation