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**NAVISTAR**

Mr. Jeff Davidson  
Breathing Space® Institute  
2417 Honeysuckle Road, #2A  
Chapel Hill, North Carolina 27514-6819

Dear Jeff:

I attended the IAAP Conference in San Antonio last week and heard you speak at the morning breakout session on Tuesday, March 16. The content of your presentation was thought-provoking and it was presented in a manner which was both fun and upbeat. You kept my attention throughout the morning.

Since the conference, I have been thinking about some of the points you made. I can assure you that I am already applying some of your suggestions to both my work and personal lives. I have organized my desktop at the office, including filing items that are needed only occasionally instead of keeping them on my desk. I have even begun to unclutter my closet at home ... a major accomplishment for me! Your point about information overload also had an impact. Your comment about getting dressed in the quiet of the morning made an impression. I have now turned off the TV ... I do have the radio on ... but one step at a time! Small changes do make a difference!

I truly enjoyed your presentation. Your messages came through loud and clear and I am grateful to have had the opportunity to hear you speak.

Sincerely,

