



May 13, 1999

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Dear Jeff,

I enjoyed your seminar at the ERC Convention last week and came home with every intention of putting your suggestions into practice. I believe I need more help. Please send a copy of your tape "Relaxing at High Speed". While I have made some attempts at the piles on my desk, they seem to have grown. Your seminar has inspired me however, and I am determined to clear some of the clutter from my life. Thank you for your suggestions. There is a copy of your Breathing Space: Action Steps posted next to my desk. Does that count as another piece of excess paper?

Looking forward to hearing the tape.

Thank you,


Beth H. Smedick

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