

**South Shore  
Visiting Nurse  
Association**

100 Bay State Drive (800) 432-9995  
P.O. Box 859060 (781) 849-1710  
Braintree, MA 02185-9060 TDD/TYY: (781) 794-7829

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Dear Jeff,

I wanted to give you feedback immediately because I was so impressed yesterday as well as I recall you saying you must do reflective thinking A.S.A.P...

I really understood that you were speaking to me (as well as the rest of the audience). I see now why my brain cannot accept when things are never brought to a close, why I am left frustrated and unfulfilled....If I end it, with a mental picture of closure it never really has to end. It can just be my reality bringing closure to it, even if I have to relive it over and over within my job and within my life....looking at life through your eyes helped me to see that life really isn't groundhog day, over and over. It is really experiencing each day, living in the moment and savoring life, but dreaming of the future not living in the future or always for the future!

I plan on continuing to use your techniques. You are a dynamic and motivational speaker. I was amazed to see that the day had flown by. You kept us interacting and involved.

Great job, you have found your passion. It is evident in your craft!

Pamela