



October 19, 2005

Jeff Davidson, MBA, CMC
Breathing Space Institute
2417 Honeysuckle Road, #2A
Chapel Hill, NC 27514-6819

Dear Jeff,

I attended your seminar presentation at TAP Pharmaceutical Products Inc., Sales Operations Division, on Friday, 10/14/05.

I really enjoyed the seminar. I especially loved when you talked about the mega-realities. It really got me thinking about how I was truly using my time on a daily basis. You were very informative and I really appreciated the handouts you passed out at the end of the seminar, including your book.

The information you spoke of will help me extremely in re-evaluating how I manage information, dealing with communication overload, technology and change-related anxiety, and doing more with less.

The seminar was very helpful and I would recommend anyone to come listen to you.

Thank you for taking the time to do this for us.

Sincerely,

A handwritten signature in cursive script that reads "Sonya Taylor".

Sonya Taylor