

Willamette
Falls
Home
Care

November 8, 1999

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

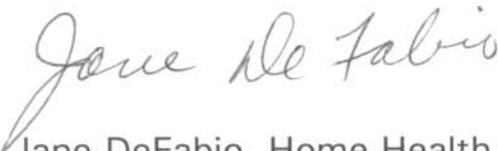
Dear Jeff:

Thank you for coming to Portland. You were definitely the best.

I really enjoyed your sharing about all the information we are bombarded with on every front, and how important it is for us to finish one project - in some way - before we continue on to the next one and having all this unfinished business burying us and stressing us out.

It helped verify what I was experiencing and to focus on some of the steps I can take to slow down the pace in my own world.

Sincerely,



Jane DeFabio, Home Health Aide
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