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Dear Mr. Davidson,

Thank you very much for coming on May 10 to visit the Jaycees and to talk about "Breathing Space." I'm happy to report that I already make use of some of the techniques you mentioned, and now I hope to employ even more! I already scanned your handout onto my computer and recycled the paper to reduce the clutter! The things I found especially helpful from your presentation were the following:

- Realizing that no one in the world can keep up with all of the information provided to us. I shouldn't feel guilty if I don't know about all the latest news, books, movies, etc. This is a relief!
- Paper! I am constantly dealing with piles of paper around my house. I think if I make scanning important documents (and recycling the rest) a priority in my life, I will feel less ANXIETY. Now, I realize that the investment in a scanner that can easily and quickly store my documents is an investment worth making!
- I found your list of "What You Can Do with the Time" very helpful. I can turn to it when I have small amounts of time on my hands, and I want to be productive.
- The "Differentials" list gives me a detailed description of what my life will look like with "Breathing Space." That's a nice to have!

Thank you again for speaking with our group.

Sincerely,
Laurie Osborne
NC Jaycees Regional Director – Triangle Region