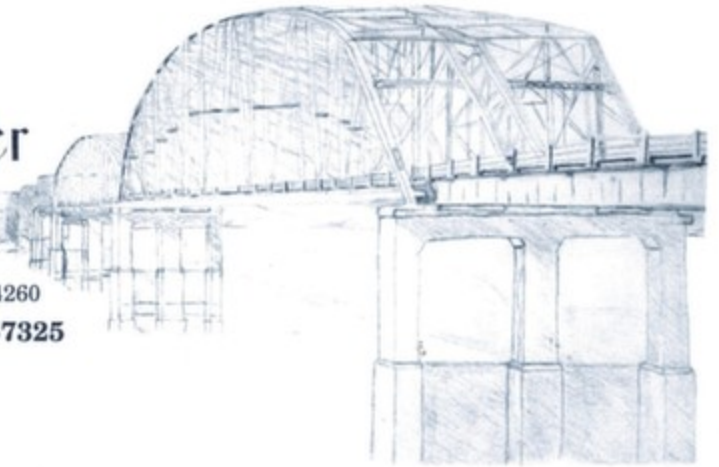


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November 22, 1999

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

Dear Mr. Davidson:

This letter is in regard to your presentation at the Ramkota Inn in Pierre, SD on November 18 and 19, 1999.

I enjoyed your presentation. I learned several things that pertained to both my professional life and home life. I found my self making "completions" throughout the weekend. I definitely need to be more cognizant of doing this because it did help me make transitions between tasks. I was more productive!!

The first thing I did upon returning to my office was clean house. It was a great feeling to come to work on Monday with a clean desk. I was able to sit down and get right to work. It's amazing the difference those little things make.

Again, thank you for presenting to our group - it was definitely worth my time.

Sincerely,

Danita Lucas
Program Coordinator