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30 Mar 98

REPLY TO
ATTN OF MCPA-PO

MEMORANDUM FOR Mr Jeff Davidson
Breathing Space Institute
2417 Honeysuckle Road, Suite 2A
Chapel Hill, NC 27514-6819

SUBJECT: Relaxing at High Speed RE: March 4, 1998 presentation to American College of
Healthcare Executives

Aloha Mr Davidson,

I greatly enjoyed both your luncheon lecture and your more formal presentation "Managing the Pace with Grace." You handed out envelopes asking us for comments and this is my response.

Yes, I have put some of your advice in practice.

I have cleared the runway for one plane at a time. I am tempted to, and may yet, use colored tape to actually mark my desktop like a runway with the overrun stripes, compass degrees, center stripe, etc. I really believe a daily reminder like this can help me keep things in perspective. I am retired from the Air Force so this metaphor is particularly useful to me. Next, I will attack the bookcase and three cardboard boxes under my desk. Yes, there are planes in the hangar but I hope to recycle them soon. I have already discarded more than 12 inches of files since I returned from your lecture. This is in addition to what I cleared from my runway. I have added less than one inch of new files.

I have reduced my magazine subscriptions to one newsmagazine, a technology journal and a travel and leisure magazine. I spend time quietly perusing the periodical shelves at Borders. If I find an interesting article I purchase the journal, rip out the article, and throw the rest away. It doesn't bother me a bit. While newstand prices for magazines make them the most expensive reading material you can buy, that's only true if you purchase every issue. Being selective I maximize my intellectual return on my investment. I read the daily paper but have stopped watching network news.

I am purchasing a ScanCard and Palm Pilot for my business cards, appointments, etc. The business card clutter will soon be gone.

I have hopes to include other of your recommendations. I'm trying a little at a time.

The issue of "electronic leashes"--While you were lecturing, my cell phone, pager, voice mail, Motorola, StarTAC, mental and physical torture device vibrated no less than three times. In other lectures, I left the room to listen to the voice mail and return the calls. In your lecture I just