

General

SESSION

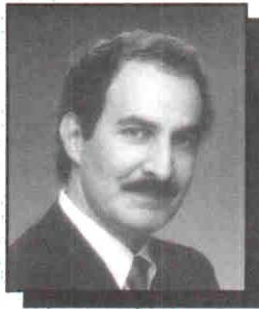
Medical  
Group  
Management  
Association



July 18-21, 1993

Pheasant Run  
Resort and  
Convention  
Center

St. Charles, Illinois



### Choices: Breathing Space

*Jeff Davidson*

It's no illusion--the pace of society has sped-up. New buildings are erected in a month. Wars can be completed in weeks. Movies are deemed smash hits or duds after one weekend. Prescription glasses are ready in 60 minutes. Fax machines transmit pages in seconds.

Yet, commuting takes longer. So does making purchases. Learning new software, instructions, and ways to increase productivity takes its toll. Juggling work and domestic tasks is a growing challenge. It seems that every gainfully employed adult in America today, including all of your staff, is time-pressed and often over-stressed.

Jeff Davidson will show you a way out of this dilemma without requiring radical changes in how you live. He offers sensible, implementable solutions that one instinctively feels are right. He will strip away the antiquated notion TIME MANAGEMENT--which no longer works, and offer new perspectives and new ways to stop racing the clock.

#### *Biographical Information:*

Jeff Davidson is the author of **Breathing Space: Living and Working at a Comfortable Pace in a Sped-Up Society**. The book's popularity put it into its second printing in less than three months after the original publication date (MasterMedia \$10.95). Mr. Davidson is a management consultant and an award winning author of other books on marketing, career advancement and starting a business.

He has been featured on *America in the Morning*, *CBS Latenight*, *FNN*, *Ask Washington* and the *AP Radio Network*. He has been translated in Japanese, Korean and Chinese, and he has been interviewed by *The Washington Post*, *USA Today*, *Chicago Tribune*, and *New York Times* among many other publications worldwide.