

# CAPE FEAR

## *Focus*

MARCH 1994

### Too Busy To Enjoy Your Life? What You Need is BREATHING SPACE

What's the use of earning a nice paycheck or living to age 85 if each day races by so fast and your to-do list grows so large that you can't enjoy your life? Fortunately, it IS possible to stop the days from racing by and take back control of your life.

Jeff Davidson, award-winning mega-author, who recently wrote the book *Breathing Space: Living and Working at a Comfortable Pace in a Sped-Up Society* has new perspectives and proven principles for feeling better about each day. Davidson is a charismatic speaker and popular talk show guest who'll give you sensible strategies that don't require radical changes. Proclaiming the death of time management, he offers ways for making mornings less hectic, dealing with clutter, overcoming procrastination, having more energy at the end of the day, and helping those around you gain the same benefits.

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### 1993/94 Calendar

MARCH 24  
SHELL ISLAND RESORT  
SPEAKER: JEFF DAVIDSON

APRIL 26  
UNCW-STUDENT AWARD NIGHT  
SPEAKER: KEVIN EASTMAN

MAY 24  
BLOCKADE RUNNER  
SPEAKER: ROMAN GABRIEL

JUNE 28  
HENRIETTA II  
CRUISE \* DINNER \* ENTERTAINMENT

SPECIAL NOTE: OUR MARCH MEETING DATE OF THE 24TH