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Mr. Jeff Davidson
Breathing Space Institute
3202 Ruffin St
Raleigh NC 27607

Dear Mr. Davidson,

I attended the Defense Finance and Accounting Service Supervisors' Forum on April 14, 2010. I am a new supervisor at DFAS - Indianapolis in the Treasury Division, Reporting Branch. I have been dealing with feeling constantly over-whelmed, sometimes to the point of hopelessness. No matter how many hours of personal time I would work, I was still behind in my taskings. Your talk resonated with me. The reasons for feeling overwhelmed provided the foundation for resolution. The actions you provided not only gave me hope but the ability to act with purpose - to be more effective and enjoy my work. Some of the actions also made me smile as they are the same things my dad told me - guess I should have listened!

Thank you very much!