

April 12, 2010

Jeff Davidson, MBA, CMC  
Breathing Space Institute  
3202 Ruffin St.  
Raleigh, NC 27607

Dear Jeff,

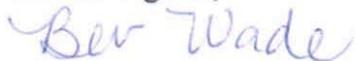
I have taken many classes at NC State's McKimmon Center. I saw that you were doing a class about 18 months ago and I missed the sign-up deadline. I read your bio in the brochure and I bought *The Joy of Simple Living* for my Kindle. I started reading it but I'll have to admit, a Kindle isn't the best way to read your books. On a Kindle, it's hard to skip to different sections easily. I was however, able to glean from the book that I wanted to hear more about your concept of the work/life balance. I kept calling NC State to ask when you would be doing another class.

Finally, your class appeared in one of the brochures and I signed up.

The class went beyond my wildest expectations. I came in expecting to learn how to get better organized to have more time in my personal life and I left with a whole new excitement about what my life could be. Your philosophy of "breathing space" is so different from other organizing methods I've encountered. It encompasses your whole life: organizing, prioritizing, working, relaxing, exercising, thinking, and even sleeping. I'm sure I've left out some things that you covered but all in all, it just made sense to me and it resonated with a part of me that has been searching for solutions in this world of insane busyness and workaholism.

It's not possible to get enough information on the work/life balance and breathing space in a two-day seminar so I'm very glad I took advantage of the additional reading material you offered. As you know from the class, I am a mechanical engineer that manages large energy projects at various Navy bases. I travel extensively (several times a month), work too many hours, and have started my own company in the past few months. I'm working on it a day at a time to get the "breathing space" that I now know I can have. Thank you for giving me the tools and the encouragement to be able to have a more enjoyable life!

With kind regards,



Beverly C. Wade, PE, CEM  
Project Manager, Navy Energy Program