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Jeff Davidson
Breathing Space Institute
3202 Ruffin Street
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Dear Jeff,

Thank you for your American Law Institute seminar last week. Overall, I found the course tremendously helpful and engaging. As a double major in Sociology and Psychology with a minor in Anthropological Psychology, I was very interested in the cultural and historical factoids you shared regarding human evolution. Fascinating!

Other general observations: The use of humor was also very helpful. I was able to stay engaged and attentive. The presentation of practical and feasible strategies was quite helpful. I plan to review my notes when I'm ready to return to work (I've been on vacation since last Monday) and select 1 or 2 actions that I expect I can easily and seamlessly implement. I know the pitfalls of trying to make wholesale change – just sets oneself up for failure.

Accordingly, I'll just try for a few changes. Thankfully, I'm already familiar with many of your suggestions; I just need to remember to practice them!

Thank you again Jeff. I hope I have the pleasure of hearing you again and definitely look forward to reading your book soon!

Deborah Butler