



**South Shore  
Hospital**

55 Fogg Road  
South Weymouth  
Massachusetts  
02190-2455  
southshorehospital.org

(781) 340-8000

Jeff Davidson, MBA, CMC  
Breathing Space Institute  
2417 Honeysuckle Road, #2A  
Chapel Hill, NC 27514

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Dear Jeff,

First of all I would like to thank you for your wonderful and very informative presentation you did for South Shore Hospital. Although the speakers we have had to this point have been very good, your presentation has been the most appropriate to me both professionally and personally. I have struggled with procrastination and making decisions for a long time. You helped tremendously in putting daily life and decision making into proper perspective. I've already found myself making small changes.

Sincerely,

  
John Ralston, RRT  
Asthma Center Coordinator