

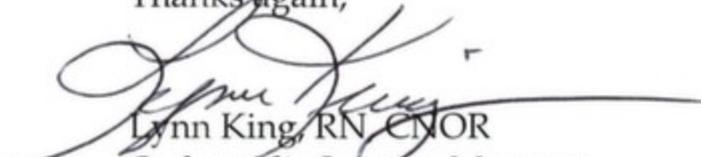
January 23, 2006

Jeff Davidson, MBA, CMC
Breathing Space Institute
2417 Honeysuckle Road, #2A
Chapel Hill, NC 27514-6819

Dear Mr. Davidson,

Your presentation was delightful and very timely. My staff and I have suffered from time pressure resulting in much added stress. This has been a dilemma for me. I am 58 years old and can remember quieter and more relaxed times. Your reference to weekends not looking differently than your week really struck a note with me. The five Mega-Realities added perspective to this feeling of time pressure. I really appreciated the validation, "you cannot possibly keep up". We have been taught to just work harder and it will come but it is so overwhelming. I am looking at my life and then will work my staff to help us manage our time in a more efficient and graceful manner. My choices and my staff's choices will be better because of your presentation.

Thanks again,



Lynn King, RN, CNOR
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