

# Mastering Information and Workplace Overload Seminar April 1<sup>st</sup> & 2<sup>nd</sup> 2008

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Dear Jeff

I really enjoyed your seminar a few weeks ago. I have really tried to attack some of the issues that you discussed.

I have gone for just over a week now with cleaning off my desktop everyday. I am finding there truly is a calming effect from removing those horizontal piles that I normally have everywhere around me.

I have purchased Dr Dement's book on THE PROMISE OF SLEEP and begun to read about his theories. His concepts of sleep debt and micro-sleep episodes during seem to fit as an explanation for a lot of concentration issues that I have had for years.

On a detail level I have begun to focus on allowing myself to achieve "completions" at work and especially at home over the last few weeks. These are becoming results that I can point to and feel good about accomplishing.

I feel your class has opened up some new doors for me and put me on new journey on the path of increasing "Breathing Space®" in work and life. I'm a seeker now trying to learn as much as I can about this approach.

Sincerely,



Jim Gentry

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