



**Saint Alphonsus**  
Regional Medical Center

Jeff,

I really enjoyed your presentation at Saint Alphonsus' recent Leadership Institute. It definitely was timely in the fact that I feel so overwhelmed by information, and need to constantly take a step back to refocus and prioritize my time and energy. I have previously tried to not utilize energy/brain power on decisions that are not meaningful...it is great that I have your recommendation to back me up when I do not want to decide where to eat!

Thanks again,

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