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August 21, 2013

Jeff Davidson, MBA, CMC
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Dear Jeff,

I thoroughly enjoyed your talk this morning with the Triangle Executives group. I learned a lot – some of what I need to do and some knowing that what I'm doing is helpful. As I said in my introduction, I lead four Weight Watcher meetings each week. This year's program focuses on three areas: tracking what you're eating, controlling your spaces, and setting up new go-to routines. Taking those three areas and applying them to day-to-day life and not just eating is what I heard a lot this morning. That list making of things I **can** do, controlling my space so that my interruptions are managed more effectively, and setting up routines like activity while I watch TV. I do a lot of these now, but I know that I'm a work in progress. The hours I spend at Weight Watchers leading workshops used to be complete wastes of time and now I feel like those hours are very valuable – albeit not my own. So I'll take what you said and apply it – in time, of course.

You were engaging and I especially liked how you took the growth of civilization and applied it to our day-to-day lives.

Thank you for spending your time with us this morning.

Sincerely,



Marci Walker