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## Jeff Davidson



*The Work-Life Balance Expert® for our time-pressed workforce and author of "Breathing Space" and the "60 Second Self-Starter."*

Achieving work-life balance, especially during a tough economy, has become the defining challenge of our era. Jeff Davidson is the Work-Life Balance Expert® and a leading authority on managing information overload, time and stress management, and systems for accomplishment. As a conference and convention speaker, he offers dynamic learning keynotes as well as seminar presentations, combining outstanding content with humor, flair, and inspiration, leaving his audiences supercharged and ready for action. Frequently featured in USA Today, the Washington Post, and Los Angeles Times; quoted in the New York Times, Christian Science Monitor, and Wall Street Journal's Career Employment Weekly; and appearing on 175 television and radio talk shows including CNBC, CBS Nightwatch with Charlie Rose, and America in the Morning, Jeff has reached a worldwide audience that has found his 38 books and more than 3,575 articles to be enlightening, entertaining, and life-changing. 17 reasons to book Jeff:  
[www.breathingspace.com/17reasons](http://www.breathingspace.com/17reasons)

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Jeff's landmark book, *The Joy of Simple Living*, first published in 1998, now appears as an all new, completely updated, full-color, hardcover book titled *Simpler Living*. Jeff's recent books, *The 60-Second Innovator*, *The 60-Second Organizer* and *The 60-Second Self-Starter* (Adams Media) have been translated into Arabic, Japanese, Chinese, Spanish, Portuguese, Korean, Malay, Italian, and Turkish. They are short, fun-filled, and power-packed, each with 60 tips to get you back in control and on the road to high achievement.

With his high productivity, intellectual curiosity, personal sense of balance, and full participation in social and civic affairs, some people regard Jeff as being as close to walking his talk as a speaker can get! The hallmarks of Jeff Davidson's books and keynote presentations include:

- 1) an insatiable quest to find a better way to accomplish goals,
- 2) a versatile intellect,
- 3) an empathetic perspective, and
- 4) a keen focus on the current issues and obstacles blocking the paths of today's career professionals. Jeff exhibits these qualities as he actively engages, stimulates, and inspires both his readers and his audiences. The result is an enjoyable, educational, uplifting experience.

Companies that have retained Jeff as a consultant or speaker have reported impressive results. Jeff has spoken in almost every industry from aviation to zoology and has addressed audiences in administration, law, banking, education, finance, government, health care, manufacturing, retailing, and wholesaling. He has also spoken at charitable organizations, executive round tables, and partner's programs. His client list includes many Fortune 500 companies and international organizations such as:

America Online, American Express, Lufthansa, TAP Pharmaceuticals, Aramark, Bank of America, Swissotel, Gilbarco, Dollar Rent-a-Car, Allied Signal UOP, Dunhill Personnel, Vanguard Managed Solutions, Westinghouse IRD, Wells Fargo Home