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March 30, 1995

Mr. Jeff Davidson
2417 Honeysuckle Road Suite 2A
Chapel Hill, NC 27514-6819

Dear Mr. Davidson:

I attended your seminar on "Stress Management" while aboard the Celebrity cruise ship Meridian on the November 21, 1994 sailing; I believe the seminar was on November 22. My sister and I both enjoyed your seminar; you presented several interesting points and helpful ideas in that short time, and especially impressive to us was that you presented this information with a good sense of humor.

At that time my sister had just suddenly begun to have what seemed to be "anxiety attacks" and she had no idea why. (Since we returned home from the cruise she found out that she had an inner ear disorder that was causing the "anxiety", and is doing much better now with treatment - however being on a moving ship with that disorder was pretty much a disaster!). We attended your seminar because she wanted to hear what you had to say; the relaxed atmosphere was calming to her and as it turned out we both really benefitted from it, and have not only talked about it several times since then between ourselves, but also mentioned some of your "helpful hints" to others.

I was planning to write to you for a copy of your publication "Breathing Space" as you suggested at the seminar, and in the meantime I was telling the Management Services Officer for our department (and my supervisor) about some of the ideas you presented (i.e. mailing things home to yourself while away and being more selective about the amount of information we take in daily) and she is also interested in reading it.

I would appreciate receiving a hard copy (not a cassette) of your publication to share with the office staff of our department. If you have a list available of your other publications I would like to receive that also.

Thank you again for the seminar, and thank you in advance for the publication.

Sincerely,

A handwritten signature in cursive script that reads "Nancy Nelson".

Nancy Nelson
Administrative Assistant II