

Betty Silva
12 Oak Lane
Fairfield, CA 94534

November 28, 2014

Mr. Jeff Davidson
Breathing Space Institute
3202 Ruffin Street
Raleigh, NC 27607-4024

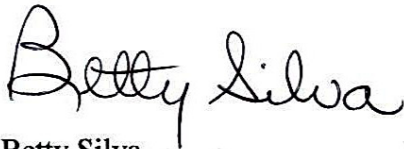
Dear Mr. Davidson,

On November 14 through November 24, my husband and I were aboard the Princess Cruises ship, the Star Princess and we were very privileged to attend several of your lectures.

I wanted to provide a bit of feedback to your lecture. The topics that I attended were very appropriate and were needed in my life, so I am immensely thankful that our paths crossed in that way. Thank you. The point that I remember the most is, what if you planned to do something and then that something is cancelled what do you do? Was very revealing and applicable to me. If I can schedule myself to be free of responsibilities for a ten day cruise then using the same principles I can schedule time for myself in my life and should not feel guilty about it.

You have great thoughtful information to share and I appreciated your time with us on the cruise. Thank you again.

Sincerely,

A handwritten signature in cursive script that reads "Betty Silva". The signature is written in black ink and is positioned above the typed name and email address.

Betty Silva
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