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JEFF DAVIDSON

Is the crushing burden of information and communication overload dragging you down? Do you feel overworked or overwhelmed, stressed, and exhausted by the end of the day? Would you like to be more focused, productive, and competitive, while remaining balanced and in control?

If you're facing too much information, too much paper, too many commitments and demands of all types, you need Breathing Space.

Jeff Davidson's book Breathing Space, as well as his related keynote and breakout session presentations, arm you with deceptively simple but powerful techniques that will enhance your career and your life. You will easily learn how to master the art of:

Managing information and communication for the longterm .

Controlling your immediate environment to support you.

Generating energy from your accomplishments.

Attaining breathing space more easily and more often.

"Time is the ultimate 'equal opportunity employer.' Jeff Davidson shows us how to master it in Breathing Space." - Dr. Denis Waitley, Author, The Psychology of Winning

"Apply some simple Breathing Space principles and see how much more you accomplish in a day -- and how much more you enjoy it." - Pat Piper, Producer of The Larry King Show