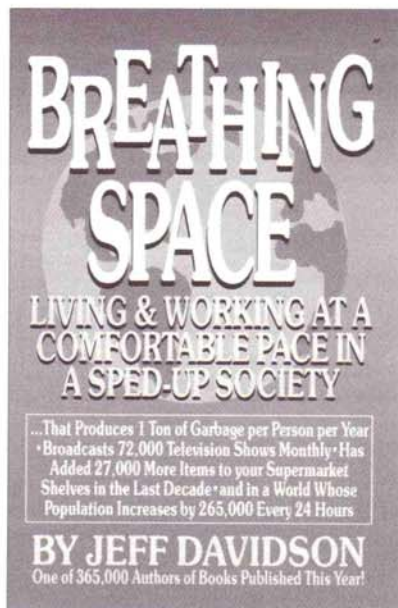


# Jeff Davidson BREATHING SPACE

*Living and Working at a Comfortable Pace in a Sped-Up Society*



## NATIONAL AUTHOR TOUR AND ADVERTISING

*Davidson makes sixty to seventy speeches a year before audiences ranging in size from 30 to 1,000.*

Would you like to:

- Immediately gain a greater sense of control over your life?
- More easily accommodate the daily influx of more information?
- Feel good about how you spend your day?

*Breathing Space* is a groundbreaking book that will show you how to avoid racing the clock, help you keep those piles from ever starting and gain control over each day.

*Breathing Space* offers proven steps for handling information and activity overload. Whether you are attempting to balance your professional and personal lives, start a new venture or simply enjoy your life, this book is for you!

In *Breathing Space*, Davidson takes a 180-degree departure from "time management" books by exposing the forces that diminish your sense of control and then offering clear and uncomplicated steps for taking action. In the best-selling tradition of *The Medium Is the Message*, *The Third Wave* and *Future Perfect*, Davidson paints a concise socio-cultural portrait of how the world of the nineties affects our perceptions and use of time — and explains how, against all impediments, to find breathing space.

This is must reading for a generation attempting to balance countless responsibilities and activities. It is the breakthrough book that will carry readers to the year 2000 and beyond. *Breathing Space* will enable readers to achieve a new level of personal control without requiring elaborate, excess systems.

JEFF DAVIDSON is a prolific author, a dynamic speaker and a successful Certified Management Consultant (there are less than 2,800 worldwide). He has written eighteen hardcover books, and book clubs have selected

them twelve times. Davidson's best sellers include *Blow Your Own Horn: How to Get Ahead and Get Noticed*, *Marketing Your Consulting and Professional Services*, *Marketing for the Home-Based Business* and *Marketing on a Shoestring*. He lives in Falls Church, Virginia.

## PRAISE FOR *BREATHING SPACE*:

*"This book tells you how to control your life most effectively to accomplish what you really want to accomplish. Davidson's suggestions are deceptively simple but powerful ways to eliminate nonproductive and stress-producing activities."*

— DEBI COLEMAN, VICE PRESIDENT, APPLE COMPUTER, INC., CUPERTINO, CALIFORNIA

*"Read Jeff Davidson's Breathing Space. This book offers practical tips on how to win the Battle of the Clock. Each moment will count for more and more in the future, and Davidson's book gives you the edge you need."*

— EDWARD CORNISH, PRESIDENT, WORLD FUTURE SOCIETY, AND PUBLISHER, *THE FUTURIST* MAGAZINE

*"A superior approach for engaging in your life. No mere book on the antiquated notion of time management rivals the power and insights of Breathing Space."*

— KATE MCKEOWN, CO-AUTHOR, *BEYOND IBM*