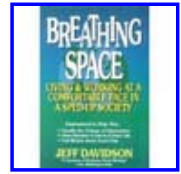
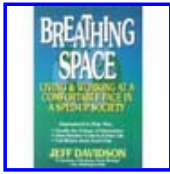


[Breathing Space:](#)
[Living and Working at a Comfortable Pace](#)
[in a Sped-Up Society](#)
by Jeff Davidson

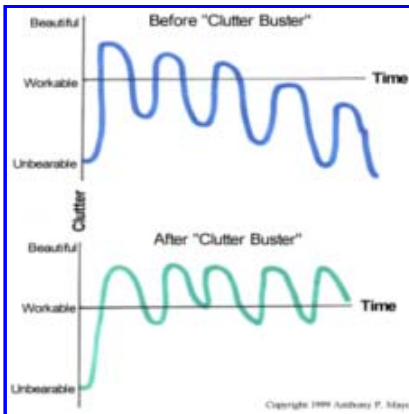


“Our contribution to the progress of the world must, therefore, consist in setting our own house in order.”
—[Mahatma Gandhi](#)



I use a lot of books in the executive training I offer, some of them well-known bestsellers like *Flow* [\[Click here to see Tony's review.\]](#), but only one do I advise my clients to read: *Breathing Space*. Jeff Davidson has filled each page of *Breathing Space* with insight, practicality, and specific advice. To get your hands back on the controls of your modern life, no book is better.

Life in the today’s world is busy, full, and rife with distractions. Satisfaction can easily slip away without special efforts to create an environment and habits that support our own goals and priorities. Fail to do so and you life will—as Jeff Davidson amply demonstrates—be thoroughly colonized by advertisers, entertainers, and co-workers. It has often been said, and is even more true today, that if you are not working your plan you are working someone else’s plan. *Breathing Space* is the most succinct and usable approach I have seen to get back on your own plan. I have used his methods myself and with many clients. They not only work but keep working.



I call my variation of his organizing techniques *Clutter Buster*. In the past, my workspace gradually got less usable until I was moved to clean-up. My cleaning blitzes never quite got the space up to snuff, however, and each succeeding cleaning frenzy had poorer results than the last. If I graphed the quality over time it would like the blue “Before” graph at left.

I was spending more time “getting organized” and less time feeling organized.

After an extensive and thoughtful re-design of the workspace based on Davidson’s principles, I noticed that my area stayed more workable longer, as represented by the green line in the chart, plus:

1. The messy phases were less horrible,
2. My office was easier to clean & re-organize, and
3. I spent much more time enjoying the peak periods of organization.

Bottom line: **more productivity and greater satisfaction.**