



Praxair, Inc.
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June 20, 2006

Dear Jeff:

I attended your session at the ERC conference in Florida. Of all the sessions I attended, yours is the one that is making the biggest difference in my day-to-day life. Though I haven't been able to implement all the steps you spoke of, I have definitely made improvements in my work space and my files. Additionally, I've created a "to do" box in my email and have turned off the audible mail notification. I only check the "in box" twice a day, and immediately delete the junk, file the mail for later reference or move the incoming mail to the "to do" box. I then concentrate on only the mail in the "to do" box. What a difference this has made for me!

I am also on a "diet" from work. Work had become to "fat" in my life (and I've actually put on a few pounds, too), so I am now reducing my work hours and increasing my personal life activities. I'm not taking my laptop home each night and have stopped carrying my blackberry with me wherever I go. I'm feeling much less overwhelmed and am finding that by targeting the most important things at work, I'm actually getting just as much done as before.

Thank you for taking time to share your theories with HR and relocation professionals. I had heard some of the same before, and some is common sense, but it took your session to actually grab my attention and get me to make some changes.

Very truly yours,

A handwritten signature in black ink, reading "Shauna Lee-Carmichael". The signature is fluid and cursive, with a large, sweeping loop at the end.

Shauna Lee-Carmichael
Manager, International Compensation & Benefits