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Scott W. Donkin, D.C.
2640 "E" Street
Lincoln, NE 68510

Dear Dr. Donkin:

Thank you very much for giving me the privilege of reading the "rough draft" of your book entitled "Surviving & Thriving in The Office Arena".

After living in the "office arena" for 34 years, I find that you have a very thorough coverage of the activities that go on from day to day in the office from the hunched-over-the-desk accountant to the modern day computer operator, and the stresses and strains that accompany each occupation in the office.

Over the years I have read many books and articles trying to achieve better working conditions in the "office arena" from the type of chairs, air circulation, work atmosphere, and an easing of tensions and stress. I find that your book completely covers all of these areas which I have been getting piece by piece over the years.

I have only recently learned of the benefits of exercising physically for relief of tension and stress. I would never have believed the relief it gives after you are already tired after a hard day at the office.

Congratulations, Dr. Donkin, on your book. It will be read and re-read by many a weary, discouraged office worker.

Cordially yours,
Marvin U. Schlegel
Marvin U. Schlegel
Administrative Assistant
Employee Benefits Dept.