



## Torrey Pines High School

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David Jaffe

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David Jaffe  
710 Encinitas Boulevard  
Encinitas, CA, 92067  
March 6, 2014

Jeff Zlotnik  
Director  
The Meditation Initiative  
6875 Bluefield Court  
San Diego, CA 92120

March 12, 2014

Dear Mr. Zlotnik:

The presentation you gave here at Torrey Pines High School last week on meditation and forgiveness was outstanding. Your message was powerful and one our students will carry into adulthood. The meditation techniques you shared will be very beneficial for our students who are learning to manage stress as they take on more responsibilities.

There is a definite need among teenagers to recognize that while stress is often a part of everyday life, it does not need to be a defining factor in their happiness. Your presentation provided an excellent forum for the students to be introspective and recognize they have the power to decide whether or not they will allow stress to dominate their lives.

Thank you again for such a thought-provoking and inspirational presentation and for taking the time out of your busy schedule to help us prevent suicide and increase student health and wellbeing.

Sincerely,

David Jaffe  
Principal  
Torrey Pines High School