



9th Sep. 2011

Professor Paula Barrett
Pathways Health and Research Centre
8 Catherine Street Woolongabba QLD

Dear Professor Paula Barrett

Thank you very much for giving us a speech for All roads symposium on 18th August at Dicky Beach Sunshine Coast Queensland.

We were very much enjoyed listening to your speech. We found your speech was very interesting, very knowledgeable and easy to listen to even visitors from Japan.

Your argument that we can all 'move on' despite suffering bad experiences was enlightening. Your recipe of simple steps on how to do this was very clever. However, I found your easy steps to teach our children how to insulate themselves against depression, stress and suicide in the future most interesting.

You talked of unconditional love, finding time to relax for an hour a day, having a support group, being positive and watching our diets as some means of tackling anxious and stressful times. Your belief that we can teach our children these methods, at an early age, so as to prevent crippling mental illness in later life was amazingly simple and easy.

We were very fortunate to have you as a keynote speaker, and hoping to have you again next time.

Regards best,

Susumu Tsukimori, Director
International Health Care Institute