

Fortunately for me I was wise enough to attend Cristina's MindChatterInc class. I've always believed in the power of positive thinking and when practiced, my life was better. I experienced happiness and lived a full life. A few years ago, a series of tragic events occurred and my mindset was terrible. I suffered from anxiety, depression, and I struggled to function. At this critical point in my life I had the privilege of meeting Cristina, and with her guidance and the support, and the oversight of medical professionals I began my journey back from the dead. When I heard about this class on meditation I signed up immediately. Even though I've read and attended classes on the power of positive thinking, and tried meditation, this class taught me the key elements to practice and successfully transform my life. After attending the entire series of classes, and practicing the tools I was taught, I must say I see the world differently. I see beauty in the smallest things. My mind set has changed and the way I live my life has improved. Of course, I must put the work in, and when I do my days are filled with joy! No more depression and rarely any anxiety! Thank you, Cristina, for bringing me back from the dead.