

Wow, I can't sing enough praises for Cristina's Mind Chatter instruction! It completely altered my way of looking at my thought life and my "problems," AND very importantly, gave me practical methods to reroute my thinking along happy, constructive, peace-inducing pathways instead. Because how we think about our lives, and what we think about, does determine the way we feel about our lives, specific situations we find ourselves in, and even life in general, it is essential that we learn methods to enhance positivity of thought while learning to eliminate the old negative patterns and habits nearly all of us are so unwittingly prone to fall into. She will first show you how prone you are to do this far more than you even realize! Then she will give you the straightforward tools you need to break these self-destructive negative patterns, replacing them with positive self-enhancing ones in their stead.

Surprisingly, most of the beneficial effects are instantaneous—some are developed over time with practice. But I never would have dreamed that it was as easy as it turned out to be! And I have been rewarded with infinitely greater peace of mind (much less stress and mind clutter), and yes, with far greater HAPPINESS every day!!! Thank you, Cristina!!! I am forever in your debt. Sally I.