



# AMERICANS REPORTING STRESS LEVELS ARE AT AN ALL TIME HIGH. ACCORDING TO THE APA (Nov, 2017.)

*CHANGE : Rewire your Mind! Get Unstuck, Stop beating yourself up, Self Sabotage, and Living in the Past, Without Drugs, Antidepressants or Years in Therapy.*

CONCORD, CA, UNITED STATES, February 16, 2018

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Christy Mattoon

Owner, [Mind Rewire](https://mindrewire.com) – Tools for [Subconscious Change](https://mindrewire.com)

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Quote

Do you know you can direct your thoughts so they push you into your future and release you from your past?

-Christy Mattoon

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Subconscious Stress creates a life of misery. [CHANGE](#) it all Quickly by Rewiring your Mind.

Looking for a 'Fresh Start' If the FBI can have one so can you! Americans can release and even learn to stop stress in its tracks.

The Book Change, How to Rewire your Mind is about how you can change the limiting, false beliefs that you have stored in your brain. The memories and attachments that these beliefs are built on have to be let go of. You have to come to terms with the lies you tell yourself. Things like- I'm not good enough, I'll never be ok, I'm not smart, attractive, able too... you get the idea- what are yours?

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Do you know you can direct your thoughts so they push you into your future and release you from your past?”

*Christy Mattoon*

How do you keep control in a world of uncertain circumstance? How do you take control of your life when you can't get rid of the problem?



Christy Mattoon

You have to have a tool to Renew and Rewire your Mind and structure your thinking to default to the things that will benefit your journey. Fast and effective.

Change - How to Rewire your Mind talks about this in detail.

In an interview, Christy Mattoon can cover:

-Tips and Strategies How to essentially rewire your thinking so that the day's stress doesn't bombard you.

-Understand how daily stress affects your body  
Christy talks about the chemicals your body sends out will either help or harm you and we want to make sure we send the right ones out.

-How every thought you think affects your life, Christy will discuss how to keep your thoughts positive and how your chemical balance affects your thoughts.

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The expertise of Christy Mattoon is in high demand. She teaches people to deal with and get rid of subconscious stress.

And how to seed information into your cells that will enrich your life.

Get the book on Amazon at

#### About Christy Mattoon

Before 2010, Christy was weighted down with her own issues and after losing 150 pounds began a track of growth and became an integrative whole body therapist. Today, she is an Energy Psychology practitioner and has an amazing grasp on helping people in their healing process.

Because of her many certifications in mind-body work, Christy is a master at subconscious change. She is the owner/operator of Mind Rewire LLC - tools for subconscious change.

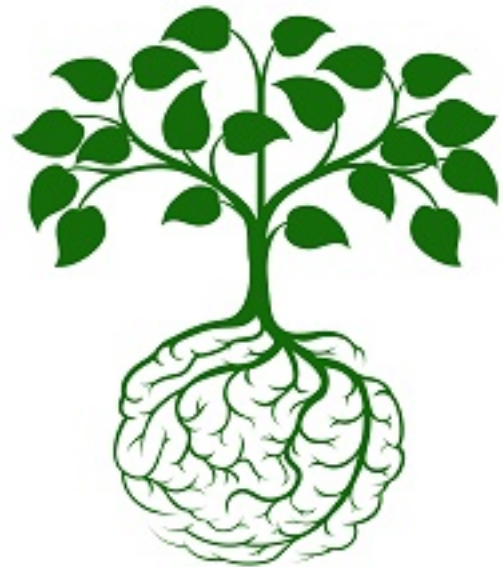
Christy is no-nonsense. She calls it like she sees it and works to get quick results for clients.

Christy helps people destroy the barriers in their subconscious that create limiting beliefs so that they can achieve the abundant life they were meant to have.

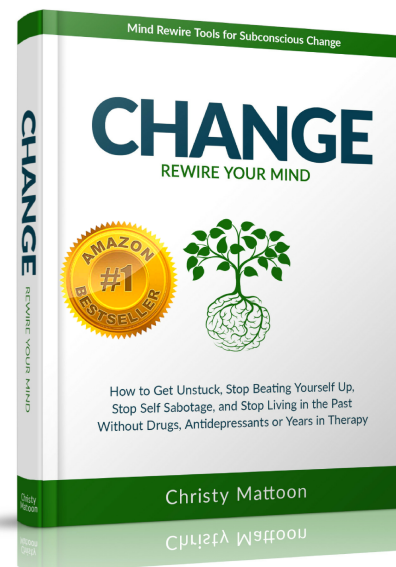
For more information, please contact:

Christy Mattoon at 303-960-5903 or [Christy@mindrewire.com](mailto:Christy@mindrewire.com)

Videos MindRewire: Subconscious change <https://youtu.be/YNZcV8VpxaE>



Logo



New Book Change in Amazon Now

Autoimmune health [https://youtu.be/kCS\\_fngJ2VA](https://youtu.be/kCS_fngJ2VA)

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