

# Surf City Apps

Hypnosis apps for a healthy,  
happy, abundant life

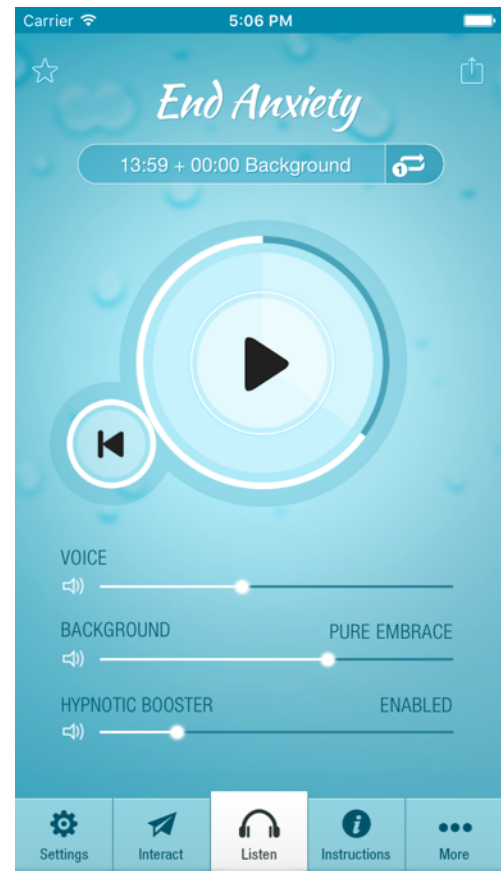


## How does hypnosis work?

Hypnosis works by communicating with the unconscious mind. Whereas the conscious mind controls things within your awareness, such as moving your hand or making a phone call, the unconscious mind controls all the autonomic processes that you don't have to think about, such as heart rate and blood pressure. It's also where our thoughts, memories, and beliefs reside. In any given second, the unconscious mind processes about two million pieces of information. So although you aren't consciously aware of all that activity, your behavior is profoundly influenced by it.

Hypnosis helps you shape the beliefs in your subconscious mind so that you behave differently in the future with very little effort. As you can imagine, we all have many subconscious beliefs that can influence our active choices and behaviors. The key is to understand that the belief isn't a "fact" — it's merely a subconscious belief, so it can be changed! Hypnosis works by communicating directly with your subconscious mind to change its outdated, limiting beliefs.

Highly hypnotizable people may experience benefit in as little as one session. Some people either are unable to be hypnotized or have low "hypnotizability." In that case, self-hypnosis may not be effective, or it may require listening over a longer period to notice changes.



## List of Apps



**Lose Weight**



**Sleep Well**



**End Anxiety**



**Boost Sex Drive**



**Mindful Eating**



**Eat Healthy**



**Enjoy Exercise**



**Relieve Depression**



**End Procrastination**



**Attract Love**



**Attract Wealth**

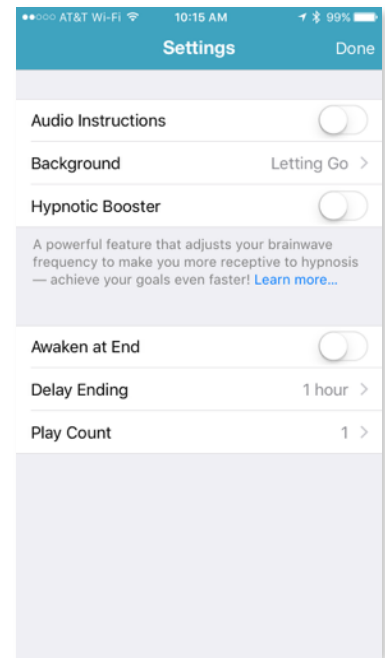


**Quit Smoking**

# List of Features

## Hypnotic Booster

A powerful feature in this app is the Hypnotic Booster, which is a special combination of sound frequencies (a slightly different one for each ear) that will make you more receptive to suggestion. You can enable the Hypnotic Booster under the Settings tab, and you can adjust its volume on the main Listen screen. You must use headphones or earbuds to experience the benefit of the hypnotic booster. When it's enabled, you'll hear a gentle hum. Set the volume so the hum is just barely audible. A higher volume does not increase its effect, and you may find the higher volume distracting. It's perfectly fine to listen to the Hypnotic Booster along with the background music or nature sounds.



## Awaken at End

You can listen to this recording at any time of day, including bedtime. If you want to drift off to sleep after the end of the session, disable the Awaken at End feature under the Settings tab.

## Choosing Background Music

In addition to the sound of my voice, this application also includes background sounds that are carefully designed to deepen your state of relaxation. In the Settings tab, you can choose from a variety of relaxing music or nature sounds, or disable the background sounds altogether.

## Delay Ending

The Delay Ending feature will continue the background sounds for the specified period of time after the voice session ends. This can be helpful if you'd like a more gradual transition out of the hypnotic state.

## Play Count

To repeat the voice session automatically, set Play Count to 2, 3, or Loop. Loop will cause the voice session to loop indefinitely, so it's recommended that you use this setting when the device is plugged in to a power source.