

Surf City Apps

Press Release

World's No.1 Hypnosis Apps Publisher Surf City Apps Launches Its Suite of Apps in Spanish

(Santa Cruz, California, United States, April 4, 2016)

Surf City Apps LLC, an American company behind the world's no.1 hypnotherapy apps, has today announced the release of its suite of twelve hypnosis apps in Spanish (iOS versions available now, Android versions coming soon).

This announcement from the team behind the world's most popular hypnosis apps has broken a language barrier. The company's English-language apps have ranked no.1 in 46 countries on 6 continents in health and fitness, medical, finance and lifestyle categories. All Surf City Apps' hypnosis audios are carefully scripted by a certified clinical hypnotherapist (CCHt), and now they are available in Spanish-language App Stores throughout Latin America and Spain.

Hypnosis is increasingly recognized by medical and mental health experts for a multitude of benefits. A hypnotherapy breakthrough made the front cover of the August 2000 edition of *The American Journal of Psychiatry* when Harvard University researchers published a study showing that cerebral activity monitored by brain scans proved hypnosis changes the state of the brain. "What we have shown for the first time is that hypnosis changes conscious experience in a way not possible when we are not under hypnosis," said the study leader, Professor Emeritus Stephen M. Kosslyn, of Harvard's Rosslyn Laboratory.

In 2011, The American Psychological Association featured leading researcher Dr. Guy H. Montgomery, director of the Integrative Behavioral Medicine Program at Mount Sinai School of Medicine, saying, "Hypnosis helps patients to reduce their distress and have positive expectations about the outcomes of surgery." In its inaugural global traditional and alternative medicine strategy announced in May 2002, The World Health Organization (WHO) highlighted randomized controlled trials that offer convincing evidence hypnosis can alleviate anxiety, panic disorders, and insomnia.

Surf City Apps has received thousands of emails and reviews from users around the globe reporting how the apps have helped them with anxiety, weight loss, insomnia, increased sex drive, healthy and mindful eating, enjoying exercise, relieving symptoms of depression, ending procrastination, attracting love, wealthy mindset, and quitting smoking.

Background:

Surf City Apps LLC, founded in America in 2012, has enjoyed 5 million downloads to date. Our hypnosis apps are available on iOS and Android. Explore amazing reviews from users around the world who have found our apps to be effective and easy to use in the comfort and privacy of their own homes. Visit <http://surfcityapps.com/>.

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Sources:

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