

Minding is a New Mindfulness App That Helps Users Focus and Cultivate Calm

Fully-loaded app is designed to help users achieve clarity, calm, and compassion



minding

London, Nov 5, 2018 (IssueWire.com) - Mindfulness, which can focus the mind and relax the body, is one of the most powerful, non-pharmacological ways to improve one's health and overall happiness. **minding** is a new app created by Monty Cholmeley that uses the power of a smartphone to help deliver clarity and calm through guided meditations. **minding** is available from Google Play at <http://www.minding.life/android>. It's available in the App Store at <https://itunes.apple.com/us/app/minding/id1438755887?ls=1&mt=8>. More information is available on their website at <http://www.minding.life/>.

"This app was born out of fear and helplessness when my father was diagnosed with terminal cancer. I was scattered and couldn't figure out my next step," Monty Cholmeley said. "I needed a way to stay focused with him as he passed away. I also wanted a productive way to process my grief. **minding** helps to keep our minds focused in the present where we can control our response to the world around us. Most of the time, we live in the past or the future where we have no control."

minding features:

- Five stages covering: Calm, Focus and Anxiety + Stress
- Daily coaching via a fifty-five-day course
- Uses elements of mindfulness and self-compassion
- Can achieve benefits in less than 15 mins a day

- App also offers shorter 'on the go' meditations: walking, commuting etc. to help fit into your life, whatever is going on

- Not funded by investors = good value + no subscriptions

Mindfulness has been extensively studied and the results are uniform that this simple act can change our lives and our health.

We conclude that mindfulness brings about various positive psychological effects, including increased subjective well-being, reduced psychological symptoms and emotional reactivity, and improved behavioural regulation. - Effects of Mindfulness on Psychological Health: A Review of Empirical Studies, Keng, et. Al., Clinical Psychological Review, August 2011

With the overwhelming evidence that mindfulness training, often taking the form of traditional meditations, is helpful for everything from reducing pain to lowering blood pressure, minding is the ideal health companion.

"I'm so happy to have found minding. The app has proved to be a friendly and useful guide and provided me with all the tools I need to develop my meditation practice." - Dr Anna Mead (beta tester)

"This app has made me calmer and more focused. I am loving the advantages of meditation and having the shorter meditations has been invaluable when the time has been short. I cannot recommend this calming and informative meditation app enough." - Lizzie Gowland (beta tester)

About Minding

Created by a small team of passionate meditators, minding does not require a subscription. They turned down funding so they can make the best product possible for the most important people- their meditators (not investors). This means minding is available for less than the price of two posh coffees.

If you would like more information about this topic, please contact Monty Cholmeley at +447813873059 or email at monty@minding.life.

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