Manage Stress and Mental Focus With This Meditation App

Disclosure: Our goal is to feature products and services that we think you'll find interesting and useful. If you purchase them, Entrepreneur may get a small share of the revenue from the sale from our commerce partners.

TL;DR: Harmony's Premium Plan is available for $99.99 (reg. $199.99), offering lifetime mobile access to guided hypnotic meditations for stress, sleep, and mental wellness.

Running a business rarely allows for mental downtime. Entrepreneurs face higher stress and anxiety levels than the general population, driven by long hours, financial pressures, and unending decisions, according to data from the National Institute of Mental Health. As the conversation around digital wellness grows, more business leaders are exploring tools that fit into busy schedules. One such option that's available is the Harmony Premium Plan Lifetime Subscription for $99.99 (reg. $199.99).

The Harmony Premium Plan is tailored for those whose calendar is packed. Short, guided, and hypnotic meditations can be queued up between meetings or at the end of a long day. The app's library covers relaxation, confidence, motivation, sleep quality, and stress reduction, with regular updates to stay relevant. Sessions are led by Darren Marks, a hypnotherapist with two decades of experience working with clients, many of whom have high-pressure, entrepreneurial backgrounds.

Harmony uses techniques such as dual-vocal delivery and

brainwave entrainment to help users reach a deeply relaxed state more efficiently, the company says. The app can also integrate with health-tracking features to monitor metrics such as heart rate, allowing users to observe changes over time. While results will vary by individual, the structure of the sessions is designed to support consistency, which is vital for self-care.

Harmony may be a fit for solo founders, executives, or professionals who want a way to decompress, improve sleep habits, or build focus between meetings. It’s not positioned as a replacement for professional care, but rather as a structured tool that can be used alongside an existing routine.

Get the Harmony Premium Plan while it’s on sale for $99.99 (reg. $199.99) so you can explore guided hypnosis on your schedule and pace.

StackSocial prices subject to change.

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