

HumanWisdom app - boosting mental health and relationships by helping people access their own wisdom

87% of users said it had a positive impact on their well-being, 83 % reported less stress and anxiety, and 80% were happier.

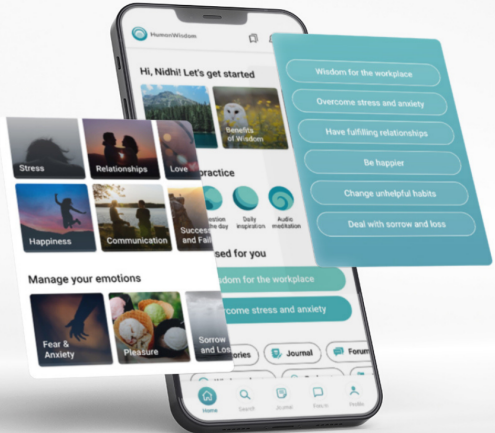
LONDON, UNITED KINGDOM, August 10, 2022 /EINPresswire.com/ -- [HumanWisdom](https://www.humanwisdom.com/), dedicated to helping people transform their lives using their own wisdom, launches the HumanWisdom app today and reports the results of its survey of app users. 87% said it had a positive impact on their well-being, 83 % reported less stress and anxiety, and 80% were happier.

Based on self-awareness, the app helps people understand themselves and transform their lives using their own wisdom. It helps people deal with the challenges they face now, including stress and anxiety (which affects 80% of people), but then takes them deeper, to understand the root cause of the problem for long-term benefit. This understanding can prevent problems from arising, and help people meet challenges with calm.

The app helps people understand why they think, feel, and act in the ways that they do. As a result they can make better decisions, and avoid problems like relationship conflict, addiction, and obesity, which cause so much suffering. Understanding ourselves helps us to understand others better, and this can lead to happier relationships.

After exploring the anger module, a user commented that for the first time in his life he realised that his anger came from his own unmet expectations, and was not caused by his wife.

With over 60 bite-sized modules the app covers almost every aspect of life, and has content to help people:



Shine from within
Understand yourself. Discover wisdom. Be free.

HumanWisdom

Download on the App Store

GET IT ON Google Play

Wisdom helps you shine from within.

Be mentally healthy
Be less stressed and anxious
Be happier
Have relationships without conflict
Improve communication skills
Avoid and overcome addiction
Feel calm every day
Be emotionally intelligent

The app is packed with features including guided questions, breathing exercises, an online journal, meditations, podcasts, videos, wisdom exercises, a forum, and more.

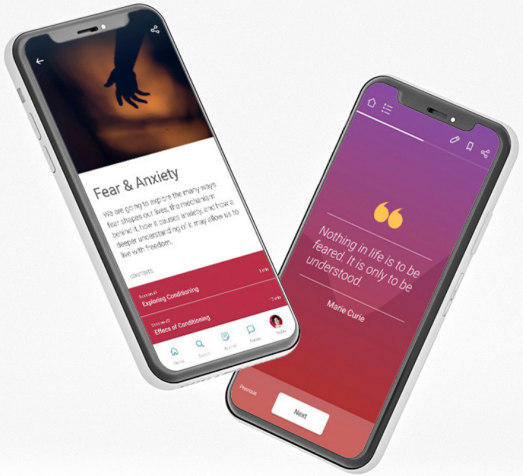
Much of the conflict in the world is between people with different identities - national, religious, or political. Wisdom, which comes from a deeper understanding of ourselves, helps us see that deep down we are the same human being. By understanding that our identities come from our various unconscious conditioning influences, we can let go of our attachment to them, and this allows us connect with people who are different. This can help make the world a better, more peaceful place.

“

A deeper understanding of ourselves allows us to access our own wisdom, allowing us to be happier, and live in peace with ourselves and others. This can help make the world a better place.”


Manoj Krishna



to download and browse.



Overcome your anxiety

Understand the root cause of your fears and be free

 HumanWisdom

Wisdom helps you avoid and overcome anxiety

An American user recently said 'This is an app that could heal America'.

The app was developed by a team of experts led by Dr Manoj Krishna. Moved by the suffering of children in war zones, he left his career as a spine surgeon to start HumanWisdom, to help people access their own wisdom which can be life-changing, and make the world a better place. He has also written two books, [Understanding Me](#), [Understanding You](#), and [Stress Free](#).

The app is available on the Google or Apple store. It is free

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TESTIMONIAL

humanwisdom.me

'I subscribed to The HumanWisdom app for all my staff because I have seen how transformative it is to understand my reactions to situations, and my personal emotions such as anxiety & depression. To be able to help others understand, with wisdom, why they feel as they do, is my life-long gift to them'

Julie Goodfellow
Headteacher, UK



From an app user

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