

Hypnotist-Developed GoalDigger App For People With ADHD Seeks Investment After 30-Day Case Study

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GoalDigger, a new mental wellness application created and developed by certified hypnotist Vitaliy Lano, has announced its search for investors. The fully-functional AI-powered app, which employs brief, daily hypnosis sessions to help users reprogram their subconscious and achieve their goals, is now ready for expansion following a rigorous proof-of-concept trial. The trial, a 30-day experiment conducted by Lano himself, yielded substantial results in overcoming long-standing habits and significantly improving mental focus, validating the app's core methodology. This move comes at a critical time, as data suggests the market for mental health apps is projected to exceed $17.5 billion by 2033, signaling a widespread demand for effective mental wellness tools.

The creation of the GoalDigger app stems from a deeply personal challenge faced by its founder. Lano, a self-employed entrepreneur with 12 years of experience in digital presence and self-improvement, has navigated the complexities of Attention-Deficit/Hyperactivity Disorder (ADHD) his entire life. He found that common stimulants, like caffeine, severely exacerbated his symptoms. ?A single espresso could make my

stress go haywire,? Lano recently stated. ?It totally amplified my ADHD symptoms, and honestly, my productivity just fell off a cliff. I knew I had to do something different.? This realization prompted him to leverage his decade of expertise as a hypnotist to develop the GoalDigger app. The objective was to regain control over his focus and finally break a persistent caffeine dependency. Lano committed to a 30-day regimen using his own app, and the results exceeded his own expectations.

The modern human condition, characterized by a constant barrage of information, serves as the backdrop for GoalDigger's mission. Society is saturated with digital distractions, from social media notifications to an unending stream of content that actively rewires neural pathways and disrupts natural dopamine cycles. Research from the University of California, Irvine, found that it takes an average of over 23 minutes to return to a task after a single digital interruption. Compounding this, the average person checks their email approximately 74 times per day, creating a state of perpetual distraction. ?It honestly feels like we?re being programmed by everything around us,? Lano commented. ?We?ve gotten so hung up on being ?productive? while also trying to consume every bit of entertainment that we?ve forgotten how to just sit with ourselves. We?re so tuned into the external static that we can?t even hear our own thoughts anymore.? He suggested that this external noise leads to a disconnection from one?s true intentions and sense of self.

The GoalDigger app was designed to counteract this phenomenon by empowering users to intentionally reprogram their own minds. It provides a structured, simple path for users to define who they want to become and what they wish to achieve. The app?s methodology is straightforward: users engage with short, three- to four-minute audio hypnosis sessions each day, tailored to their specific goals. The core principle is that lasting change happens not through a single, monumental effort, but through consistent, daily practice that gradually rewires subconscious patterns. "Real change isn?t a magic trick," Lano explained. "Rewiring your subconscious mind takes time, and you?ve got to stick with it. You might feel a little better right away, sure, but the deep, lasting transformation unfolds after days and weeks of showing up for yourself."

Lano?s 30-day self-hypnosis journey serves as the primary case study for the app's potential. He approached the experiment with both professional curiosity and personal hope, targeting two key goals: eliminating caffeine and sharpening his overall focus. The first week brought subtle but noticeable shifts. The hypnosis sessions were relaxing, and the compulsive urge for a morning coffee began to feel less demanding. By the second week, the effects became undeniable. Lano successfully completed a full week without caffeine, a milestone he had not reached in six years. The expected withdrawal headaches subsided, replaced by a surprising sense of calm and, counterintuitively, increased productivity.

The final two weeks of the experiment marked the most significant transformation. "It wasn?t just that I?d quit caffeine," Lano expressed. "The changes were rippling out into other parts of my life. I found myself being more patient with my family, more present in our conversations. My productivity shot through the roof." He described a profound sense of control over his impulses and emotions, a feeling that had been elusive for

years. ?It was as if I?d finally wiped the fog off the windshield and could see where I was going with total clarity,? he added. This personal success story forms the foundation of the app's value proposition for both users and potential investors. It demonstrates a tangible pathway to self-improvement that is both accessible and effective.

The principles behind the GoalDigger app are universal. While the app provides a streamlined tool, its philosophy centers on the power of clear intention and consistent mental practice. Lano suggests that anyone can begin this process by simply defining their intentions for the day, not just tasks on a to-do list, but the personal qualities one wishes to embody, such as patience or confidence. This simple act of setting an intention sends a clear directive to the subconscious mind. The GoalDigger app is now poised to bring this powerful, yet simple, methodology to a global audience. Having been fully developed and successfully tested, the company is seeking strategic partners and investors to fuel its next phase of growth, marketing, and user acquisition.

About GoalDigger: GoalDigger is an AI-powered mobile application designed for smart goal setting and mental wellness. Developed by certified hypnotist Vitaliy Lano, the app utilizes short, daily self-hypnosis sessions to help users overcome limiting beliefs, break unwanted habits, and cultivate focus. It offers a practical tool for anyone looking to reclaim their mental space and live with greater intention in a world full of distractions.

For more information about the GoalDigger app, contact Vitaliy Lano.

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