

Personal Zen app promises to reduce stress in 25 minutes

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CNET:

Feeling stressed? There's an app for that.

Personal Zen for iOS promises to reduce your stress and anxiety by way of a simple game played a few times per week. What's behind that promise? Science.

According to the development team, which consists of “leading neuroscientists and mobile developers,” the app is clinically proven to reduce stress.

And here's the research to back that up: A newly published study in *Clinical Psychological Science* suggests that attention-bias modification training — the kind provided by Personal Zen — can lower anxiety levels.

Read the whole story: [CNET](#)