

Discover Hear to Heal

A gentle companion for your emotional wellness journey



Figure 1: Hear to Heal - Your private space for emotional wellness

Your Story Matters

Life brings moments that are hard to put into words—grief, anxiety, burnout, trauma, or the silent struggles you carry alone. Hear to Heal was created for those moments.

Whether you're navigating loss, processing difficult emotions, or simply seeking a private space to breathe, Hear to Heal meets you exactly where you are with compassion, gentle guidance, and zero judgment.

What is Hear to Heal?

Hear to Heal is both a guided journal book and a companion mobile app designed to help you process emotions, reduce stress, and build sustainable mental health habits—all in complete privacy.

Core Features

- **Daily Emotional Check-Ins:** Track how you're feeling with simple, intuitive prompts that help you understand patterns over time
 - **Guided Audio Companions:** Grounding exercises, calming meditations, and gentle prompts to support you through heavy moments
 - **Private Journaling Space:** Reflect and release your thoughts in a secure, judgment-free environment
 - **My Safe Space:** Create your own personalized collection of favorite content, affirmations, and resources
 - **Progress Insights:** Visual mood tracking and emotional patterns to celebrate your growth
 - **Share with Provider Feature:** Export insights to share with your therapist or counselor for deeper session work
-

Why Hear to Heal is Different

Most wellness apps focus on productivity, streaks, and gamification. Hear to Heal takes a different approach.

The Hear to Heal Difference

- **Book + App Companion Experience:** Use the physical journal or the app—or both—with the same healing voice and prompts for one continuous journey
- **Designed for Heavy Days:** Created specifically for grief, trauma, overwhelming emotions, and support between therapy sessions
- **Come As You Are Philosophy:** No pressure from streaks, goals, or productivity metrics—just gentle support when you need it
- **Completely Private:** No social features, no public feeds, no likes or comments—just you and your healing
- **Built with Lived Experience:** Created by someone who deeply understands mental health challenges, not just from research but from personal journey

How Hear to Heal Compares

Hear to Heal	Typical Wellness Apps
Companion to physical journal book	App-only experience
"Share with Provider" for therapy integration	Generic export/share features
Gentle, non-streak, "come as you are" design	Goal-driven, streak-based, productivity-focused
Support for grief, trauma, heavy emotions	General wellness, habit building, CBT courses
Completely private—no social features	Often includes feeds, likes, visible stats
Designed for therapy clients and individual users	Broad consumer market focus

Table 1: What makes Hear to Heal unique

Who is Hear to Heal For?

Hear to Heal supports anyone seeking emotional wellness, particularly those experiencing:

- Grief and loss
- Anxiety and overwhelm
- Trauma recovery
- Burnout and stress
- Life transitions
- Depression and heavy emotions
- Desire for deeper self-reflection between therapy sessions

It's especially valuable for individuals in therapy who want a daily tool to extend their healing work between sessions.

Getting Started with Hear to Heal

1. **Download the App:** Search "Hear to Heal" in the Apple App Store
2. **Create Your Free Account:** Sign up in seconds with complete privacy
3. **Explore at Your Own Pace:** Start with a daily emotional check-in, listen to a grounding audio, or browse the Safe Space
4. **Choose Your Level:** Access core features free, or unlock Premium for deeper support

Free vs. Premium

Free Version:

- Daily emotional check-ins
- Basic journaling
- Limited audio content
- My Safe Space favorites

Premium Version (\$7.99/month or \$69.99/year):

- Unlimited access to all guided audio content
- Advanced mood tracking and insights
- Personalized emotional pathways based on your check-ins
- Deeper journaling prompts and reflection tools
- Share with Provider feature for therapy integration
- Priority support and new features first

From the Creator

Hear to Heal was born from lived experience—from sitting with grief, navigating trauma, and searching for tools that felt gentle enough for the hardest days. This isn't just an app; it's a companion built by someone who understands what it means to carry silent struggles.

Whether you use the journal, the app, or both, you're never healing alone.

Learn More or Get Support

Website: <https://j3russellbooks.com/hear-to-heal-app/>

Contact: <https://j3russellbooks.com/contact/>

Download: Search "Hear to Heal" in the Apple App Store

Your mental health matters. You don't have to carry this alone.