

Twitter Thread by Unleash Your Mind



Unleash Your Mind

@MentalUnleash



There are more than 7,000,000 apps available to download.

But not all of them are useful.

Here are 10 of the most useful apps that will change your life starting today:

1. I Am Sober

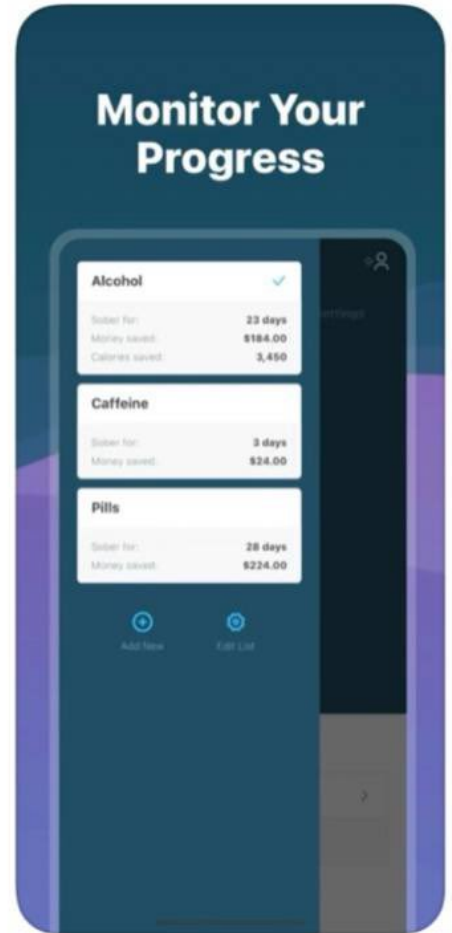
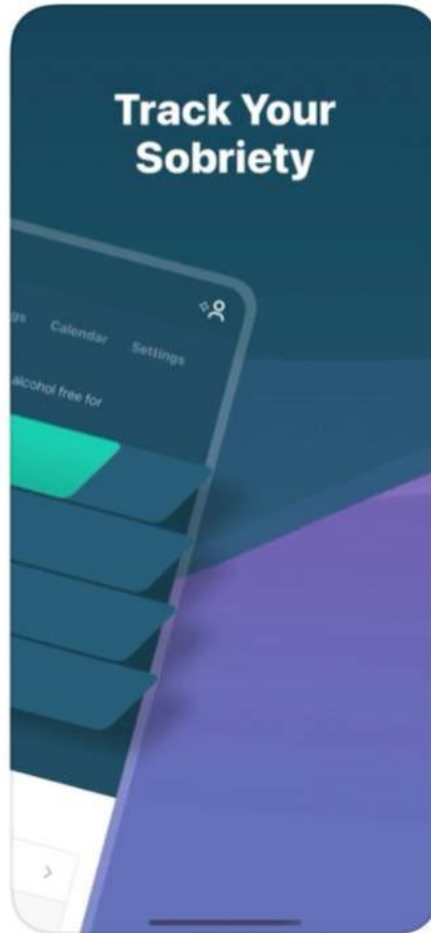
I Am Sober is not only a free sobriety tracking app, it is a community of people that will help you build better habits and quit any addiction.



I Am Sober

Sobriety tracker for recovery

★★★★★ 92K



2. My Fitness Pal: Calorie Counter

This all-in-one food tracker and health app provides you with multiple tools to help you reach your fitness goals.



MyFitnessPal: Calorie Counter

Macro, Diet & Food Tracker

★★★★★ 1.5M

Achieve your health and weight goals

by tracking your food and learning along the way.

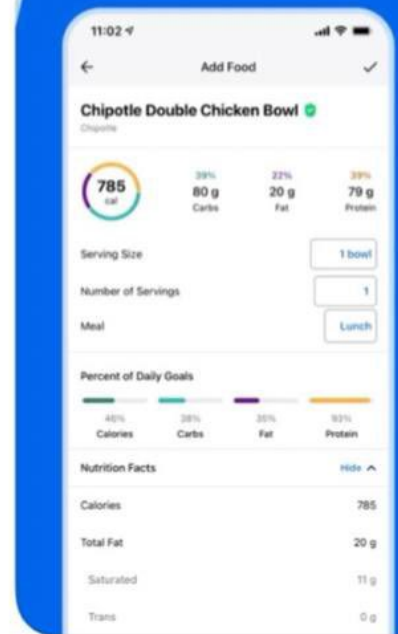


Prioritize a balanced diet

by customizing your macronutrient ratio goals.

Log food quickly

with our extensive database (including 1000s of restaurant dishes).



3. Audible

With a library of over 500,000 titles, Audible is one of the largest audiobook subscriptions services available. They also offer podcasts, sleep sounds and meditation courses.



Audible audiobooks & podca...

Enjoy audio book entertainment

🌿 Editors' Choice 🌿

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PREMIERE

Daniel X: Genesis

New Audible Original by James Patterson



Audible audiobooks & podcasts

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In-App Purchases

4. Todoist: To-Do list & Tasks

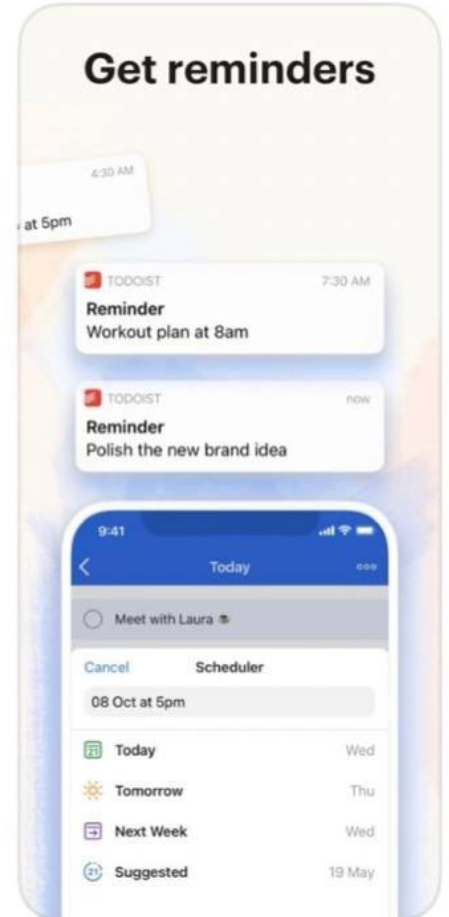
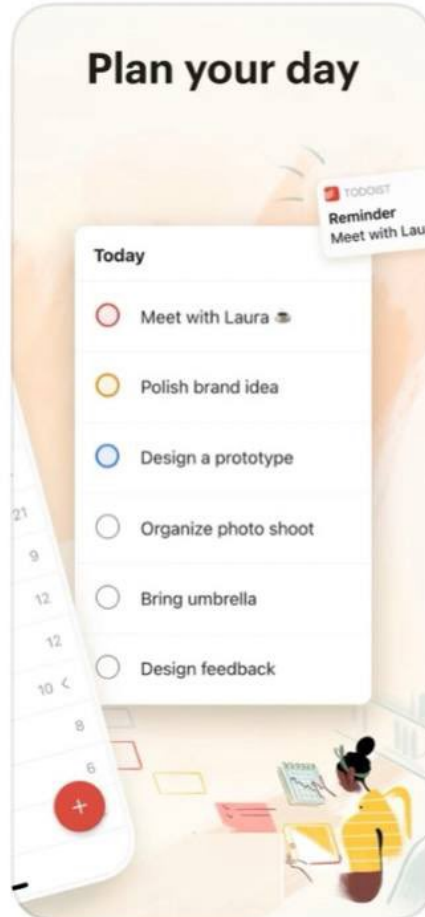
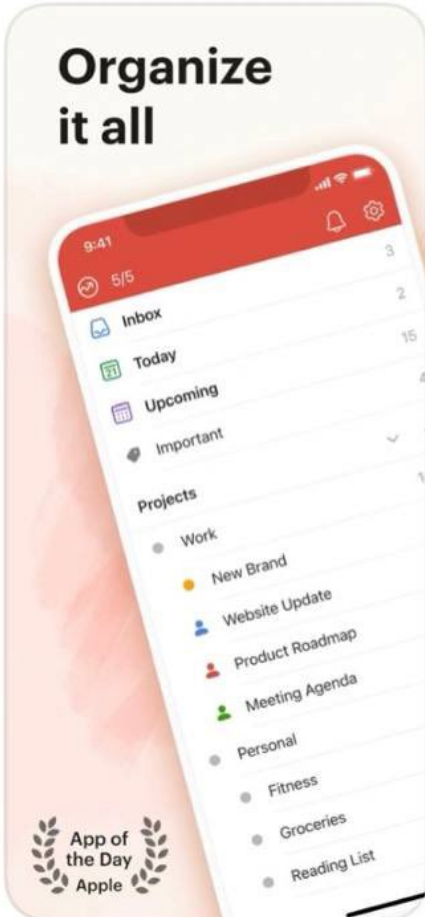
Todoist is one of the most popular to-do list apps to help get your work and life organized.



Todoist: To-Do List & Tasks

Reminders, day planner & habit

★★★★★ 85K



5. Sleep Cycle: Sleep Tracker

This sleep tracking app gently wakes you while you're in your lightest sleep phase by recording and analyzing all of your sleep patterns.



Sleep Cycle - Sleep Tracker

Snore Recorder & Alarm Clock

Editors' Choice

Upgrade your sleep

3 billion+
nights tracked and counting

★★★★★

1 million+
5 stars reviews, we love you ♥

Editors' Choice
Apple App Store

Patented AI for sleep tracking
US Patent 8493220

66% Quality

Awake
Sleep
Deep sleep

Time 23 00 01 02 03 04 05 06

Snore

Snoring
01:12 Snoring

93% Regularity
5 min Asleep after
22:42 Went to bed
06:27 Woke up
4 min Snoring
9 954 Steps

Play back your nightly sounds

Talking
Coughing
Movement
Baby fussing

01:12 Snoring

23 00 01 02 03 04 05 06

6. Insight Timer: Meditation App

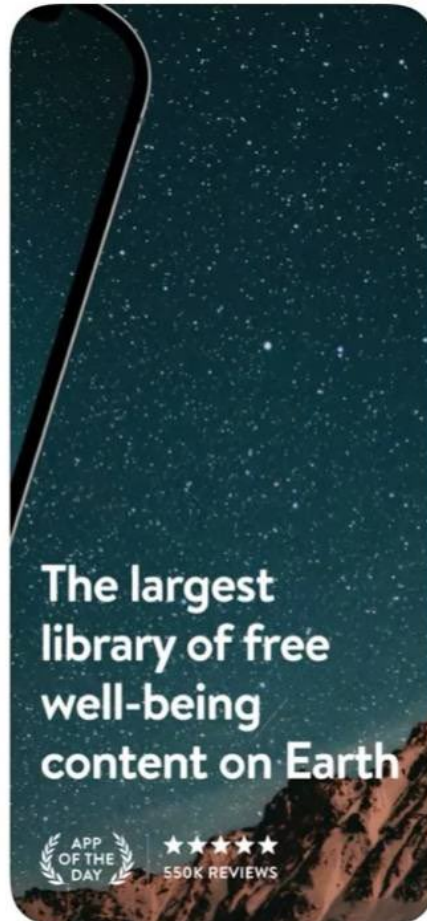
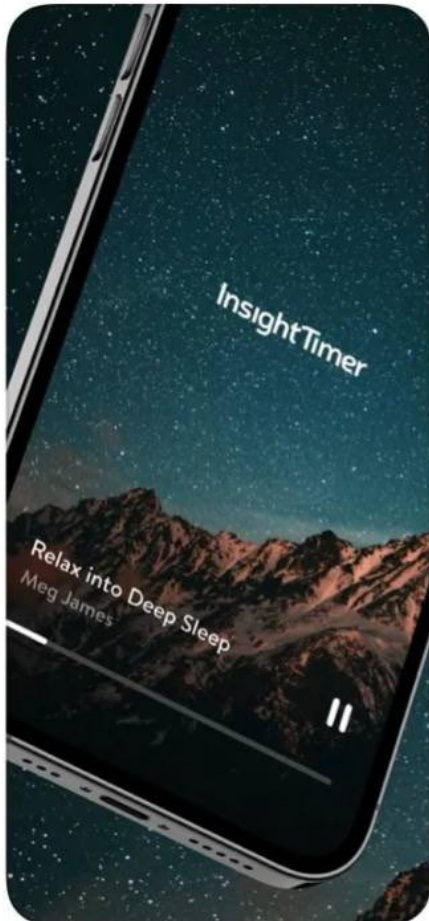
A free meditation app with over 130,000 guided meditations and thousands of talks by top meditation and mindfulness experts.



Insight Timer - Meditation App

Meditation for Sleep & Anxiety

🌿 Editors' Choice 🌿



7. TED

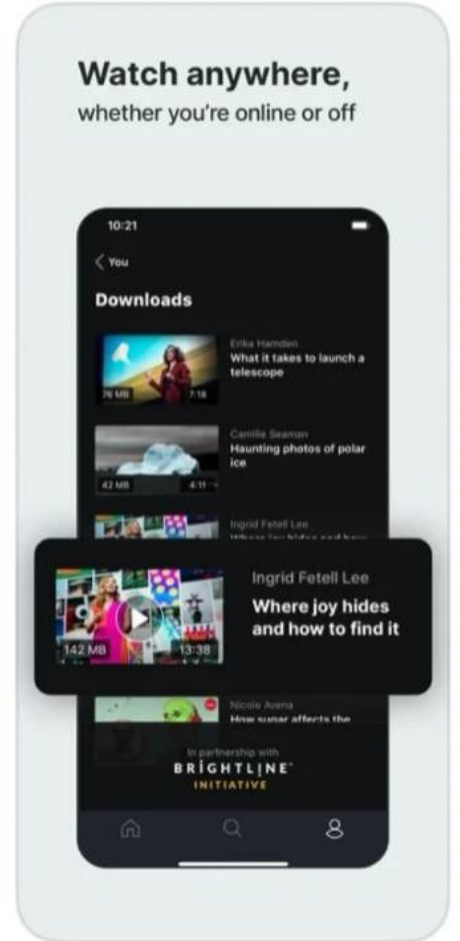
Watch thousands of TED Talk videos for free. You can also get personalized recommendations that match your interests.



TED

Feed your curiosity

★★★★★ 10K



8. Daily Water Tracker Reminder

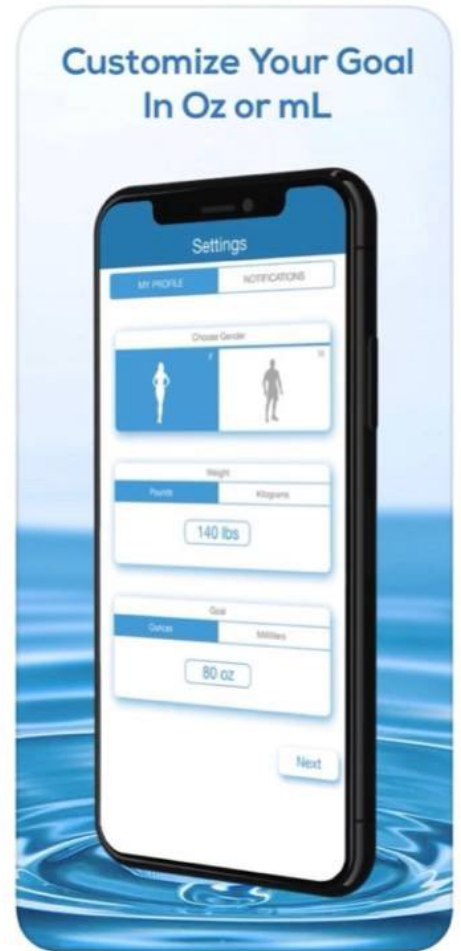
An easy to use app that helps you stay hydrated by monitoring your water intake and reminds you when it's time to drink.



Daily Water Tracker Reminder

Hydration App Reminder Logger

★★★★★ 6.3K



9. Reflectly: Journal & AI Diary

Improve your mood and mindfulness with this artificial intelligence journaling app.



Reflectly - Journal & AI Diary

Mood Tracker & Daily Quotes

★★★★★ 81K



10. Fabulous: Daily Habit Tracker

Fabulous is a self-care app based on behavioral science. This app helps create healthy habits and lasting behavioral changes by adding one small positive step to your daily routine.



Fabulous: Daily Habit Tracker

Healthy Routines & Motivation

🌿 Editors' Choice 🌿



Are you feeling stuck and need some extra push to reach your goals?

"Murder Misery-30 Day Program" will help you to:

- Control your beliefs
- Change your habits
- Reach your goals

Get your copy here: ■ <https://t.co/czh1OyzU3P>

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