Twitter Thread by Unleash Your Mind



Unleash Your Mind
@MentalUnleash

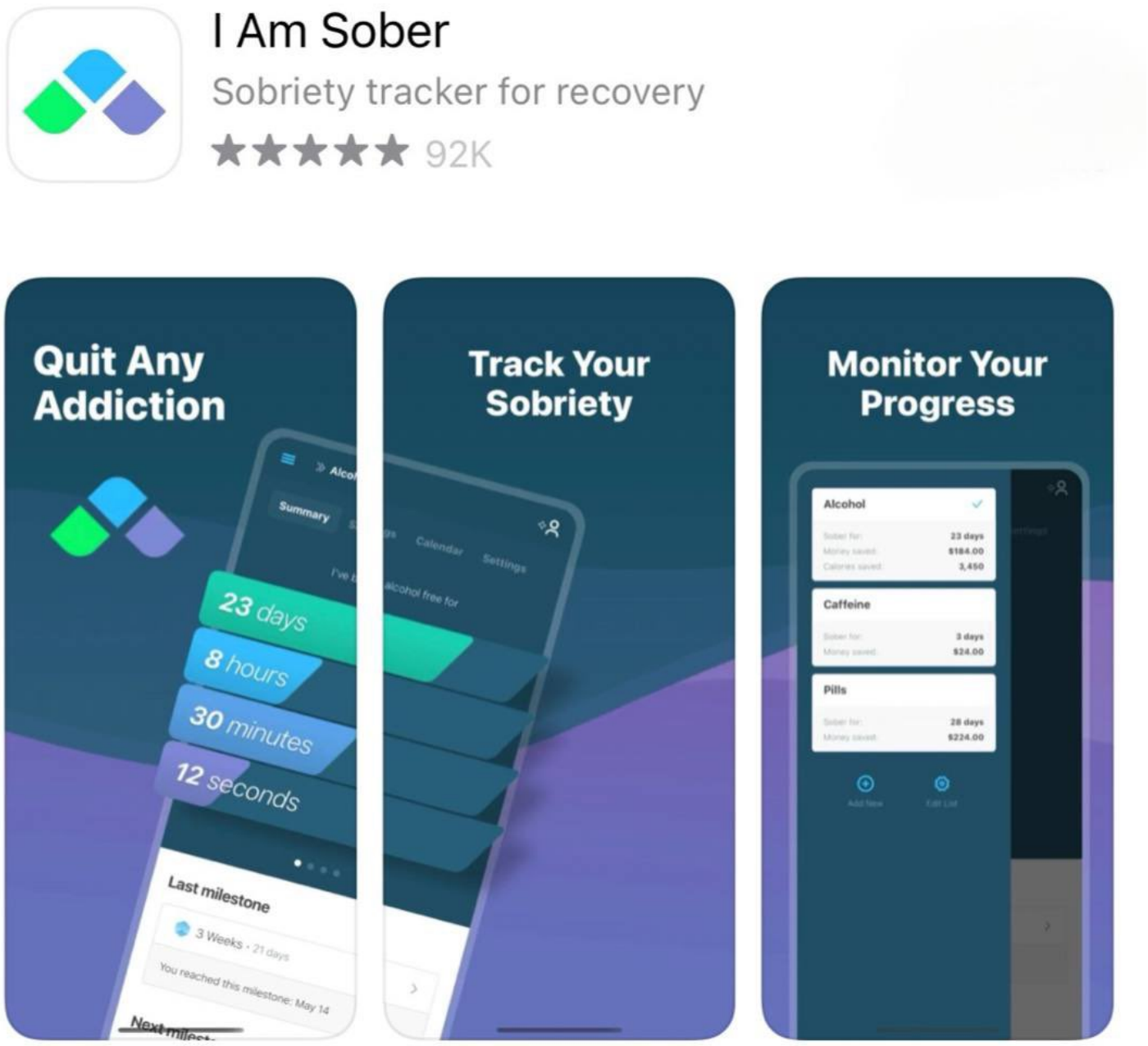
There are more than 7,000,000 apps available to download.

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.



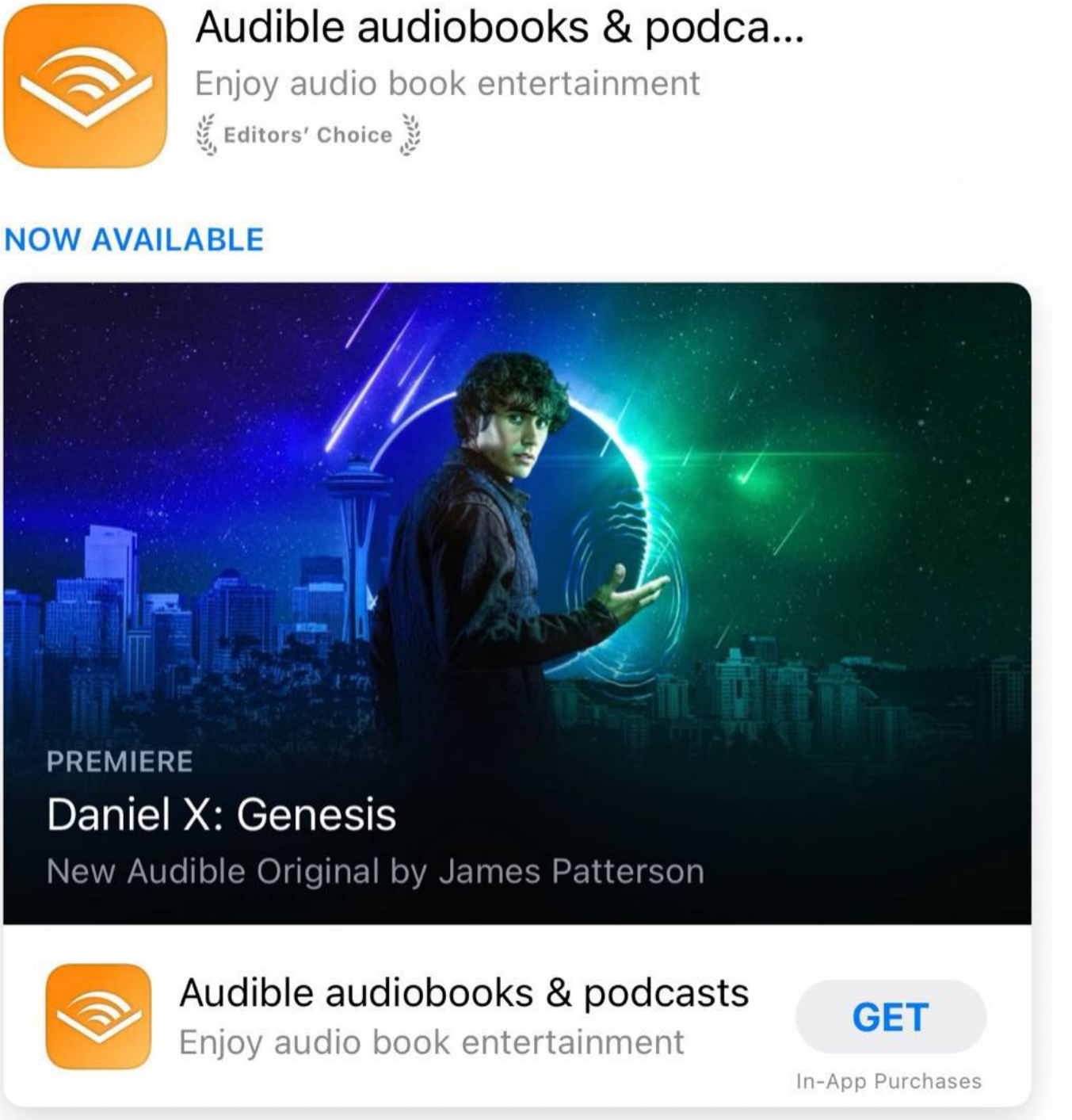
2. My Fitness Pal: Calorie Counter

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



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.



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.



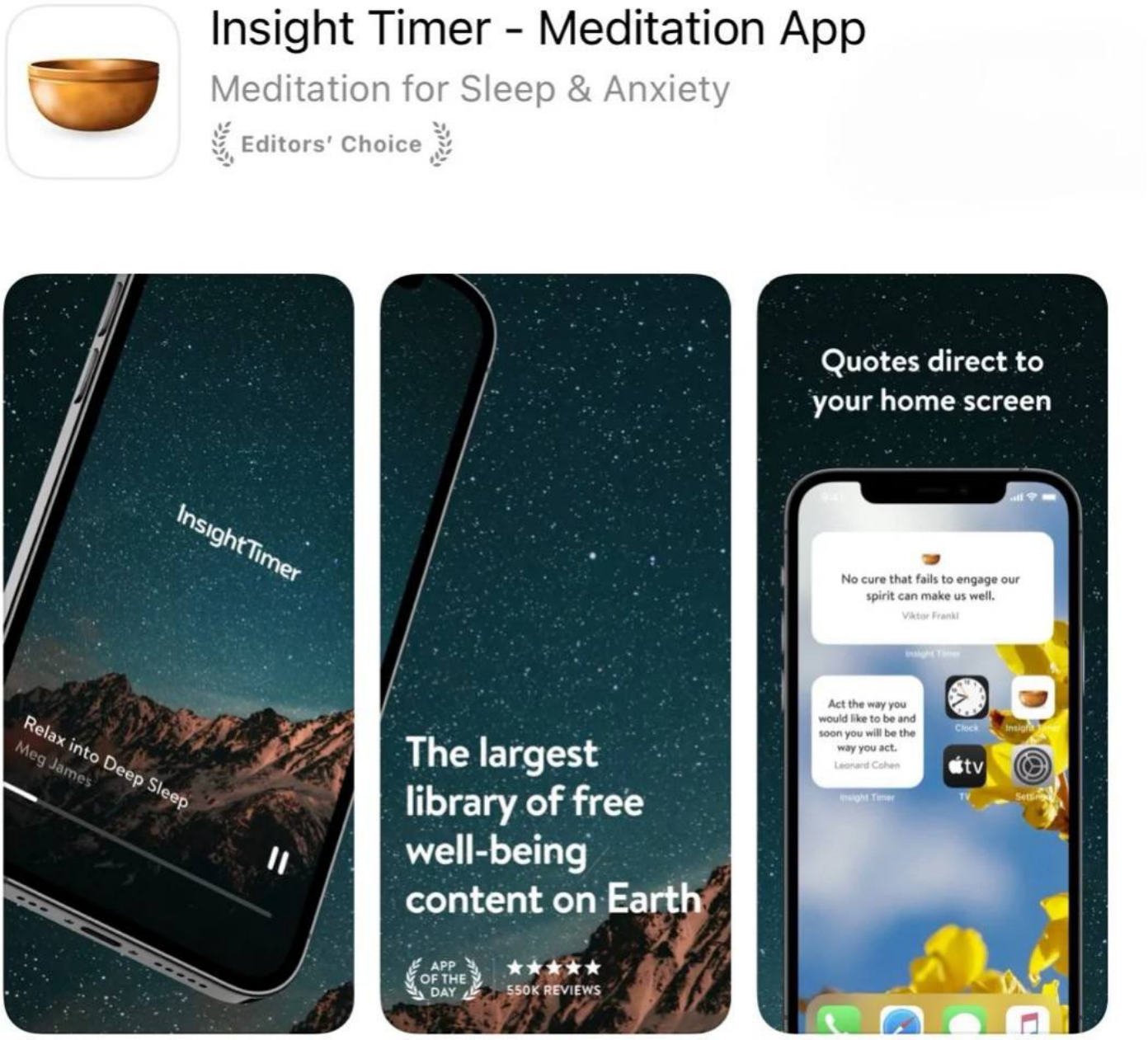
5. Sleep Cycle: Sleep Tracker

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



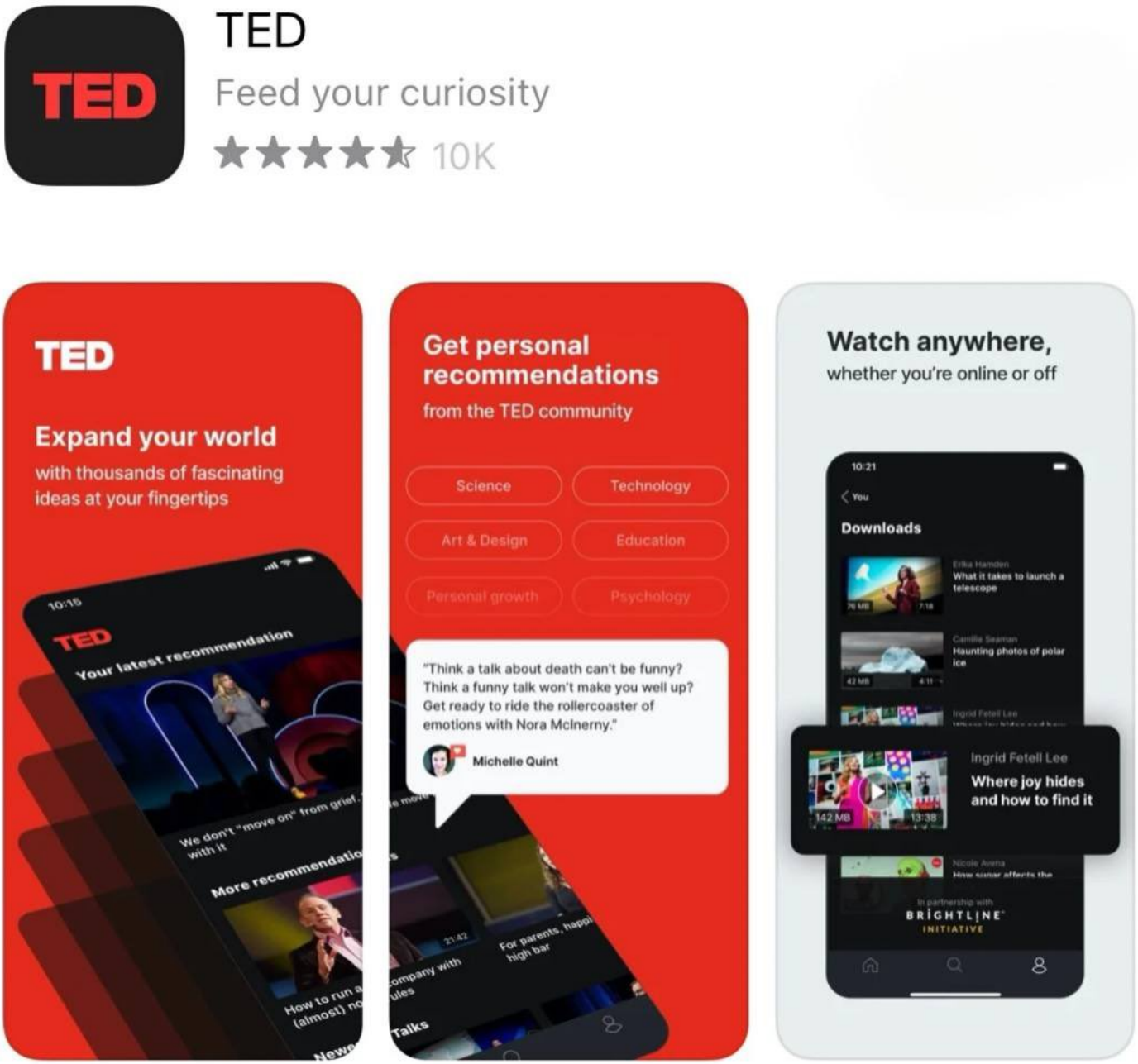
6. Insight Timer: Meditation App

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



7. TED

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



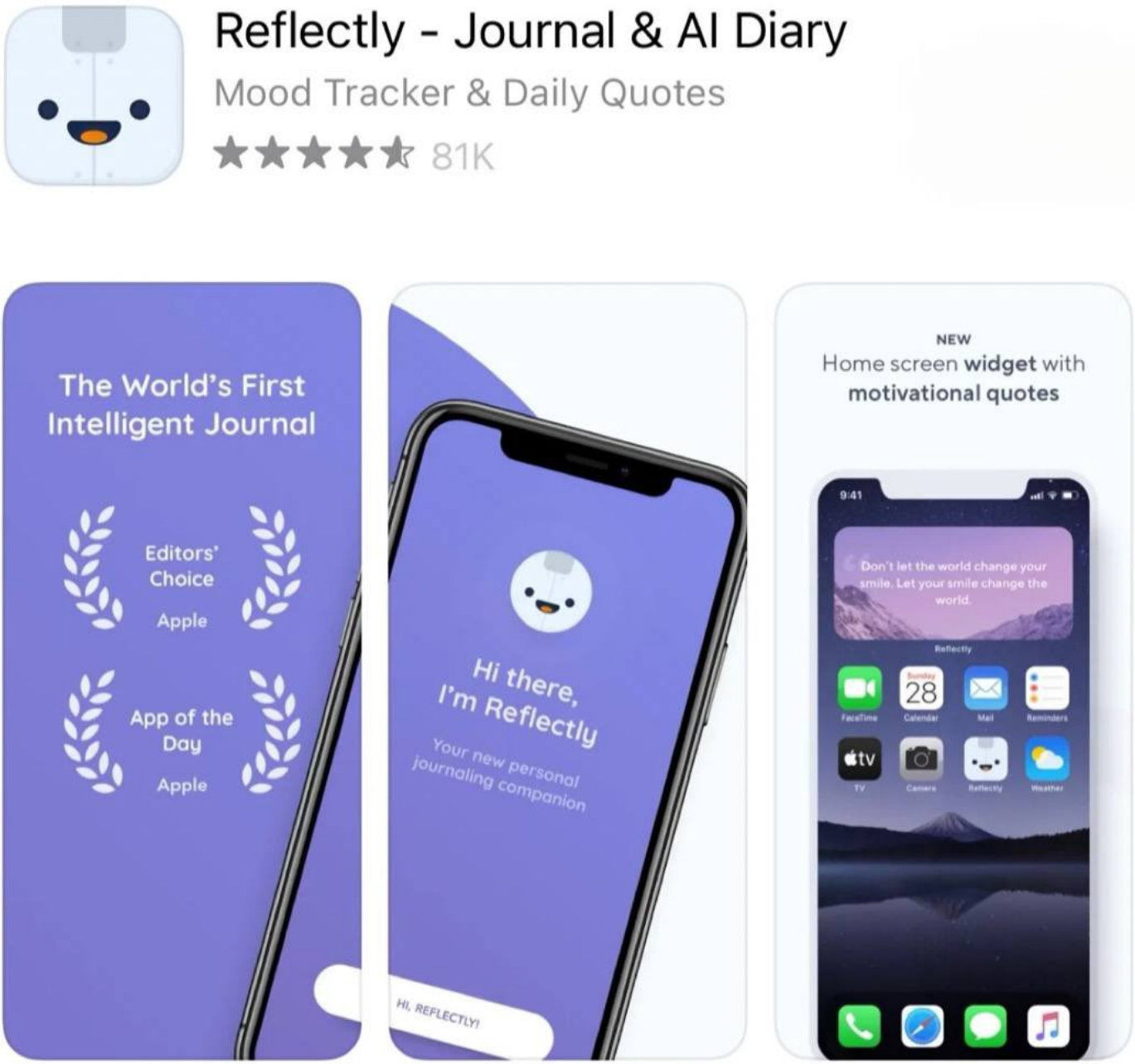
8. Daily Water Tracker Reminder

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



9. Reflectly: Journal & AI Diary

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



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.



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

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

- Controll your beliefs
- Change your habits
- Reach your goals

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

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