

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

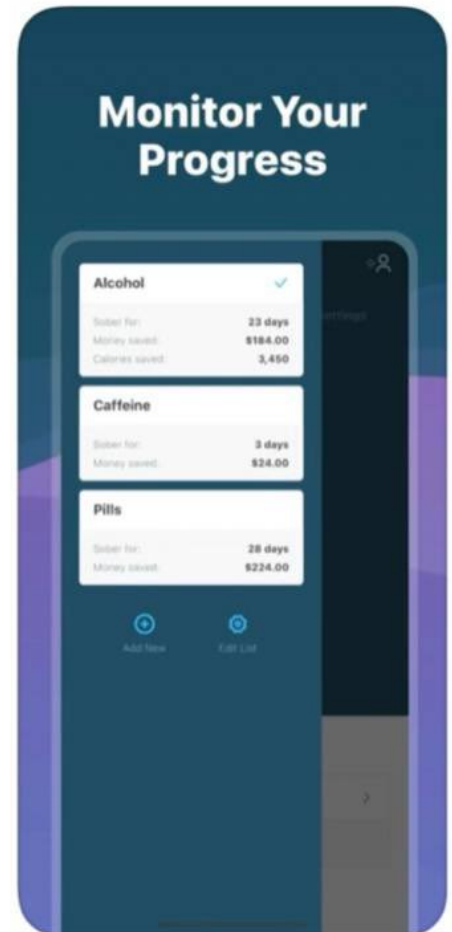
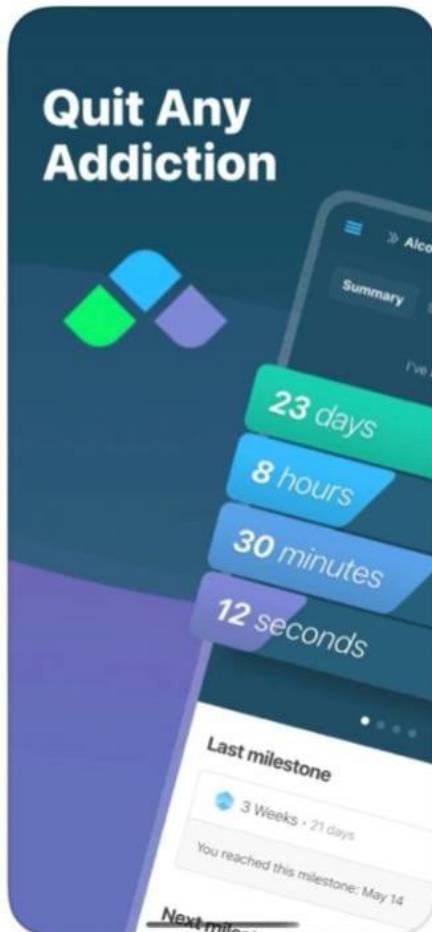
I Am Sober is not only a free sobriety tracking app, it is a community of people that will help you build better habits and quit any addiction.



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.



Carb Tracking

Fat Tracking

Protein Tracking

Track by Gram or %

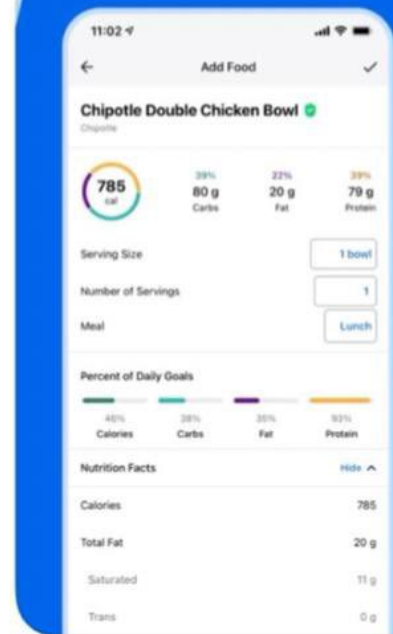
Foods Highest in Carbs

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



NOW AVAILABLE



PREMIERE

Daniel X: Genesis

New Audible Original by James Patterson



Audible audiobooks & podcasts

Enjoy audio book entertainment

GET

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.

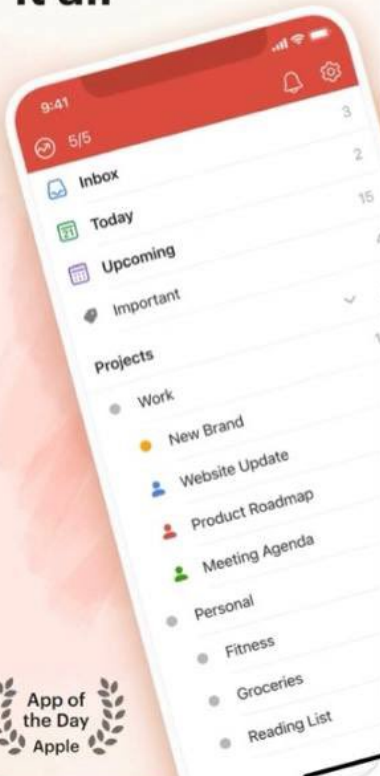


Todoist: To-Do List & Tasks

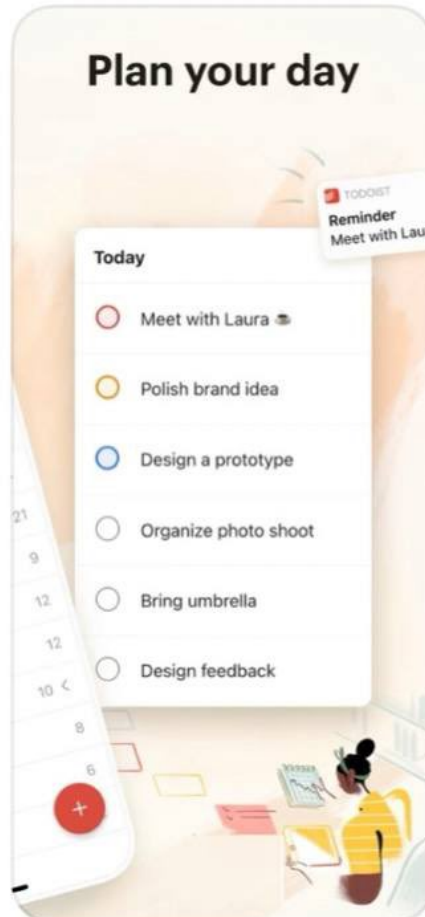
Reminders, day planner & habit

★★★★★ 85K

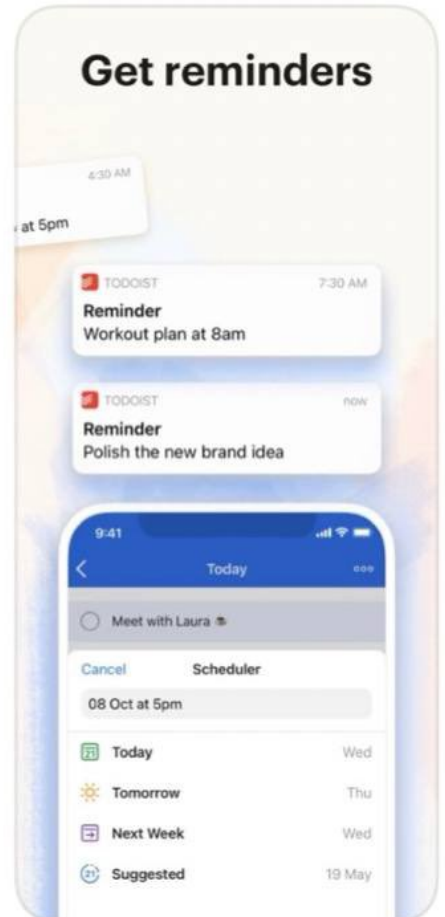
Organize it all



Plan your day



Get reminders



5. Sleep Cycle: Sleep Tracker

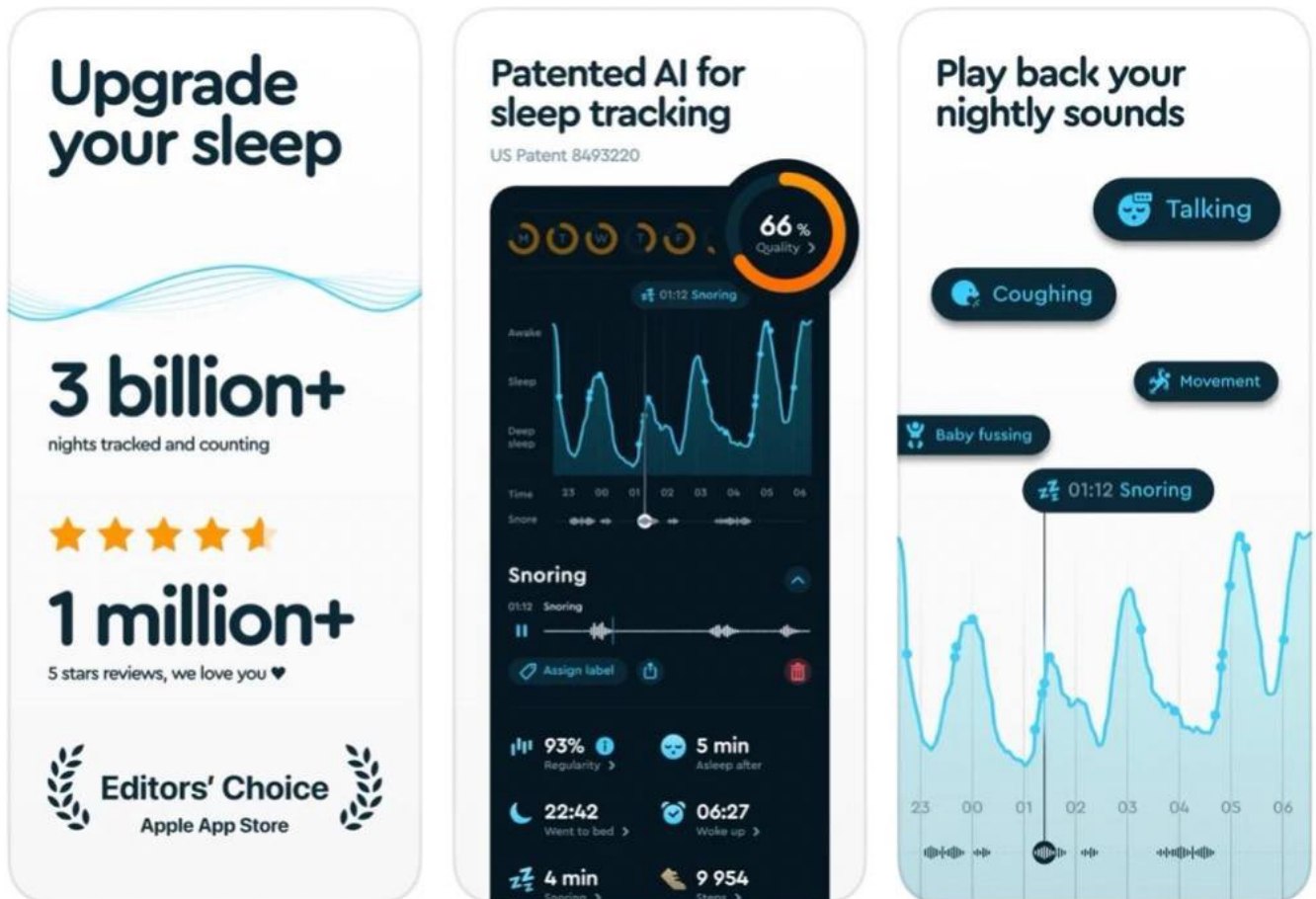
This sleep tracking app gently wakes you while you're in your lightest sleep phase by recording and analyzing all of your sleep patterns.



Sleep Cycle - Sleep Tracker

Snore Recorder & Alarm Clock

Editors' Choice



6. Insight Timer: Meditation App

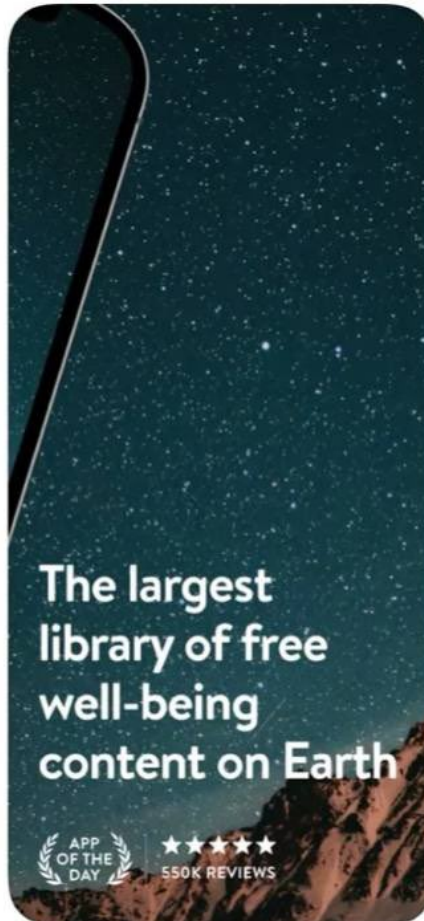
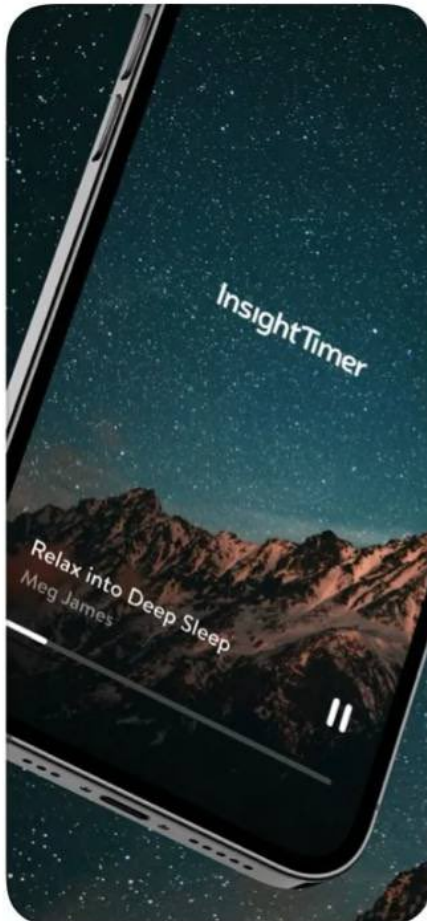
A free meditation app with over 130,000 guided meditations and thousands of talks by top meditation and mindfulness experts.



Insight Timer - Meditation App

Meditation for Sleep & Anxiety

🌿 Editors' Choice 🌿



7. TED

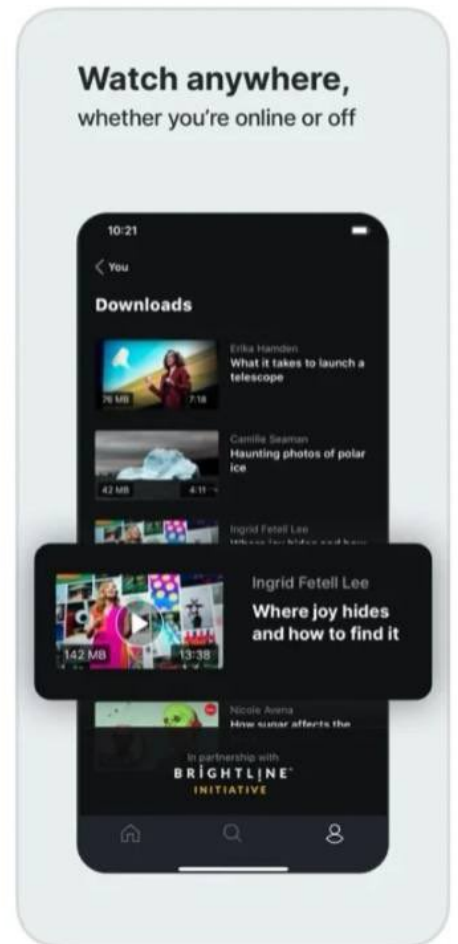
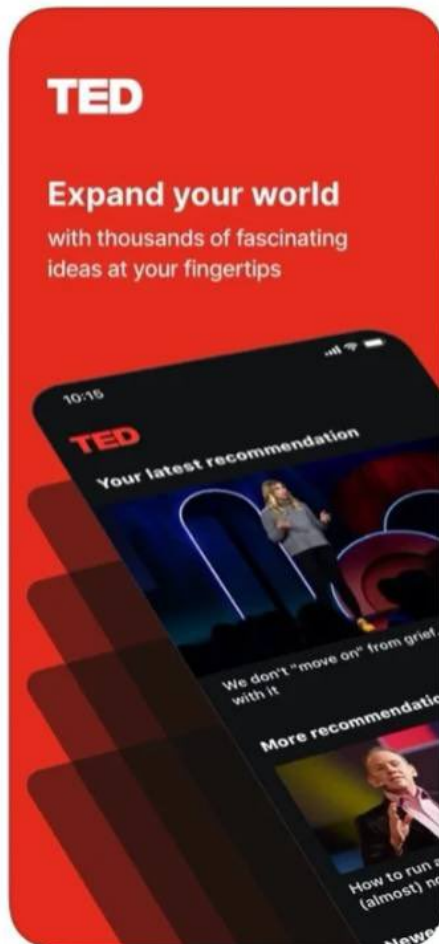
Watch thousands of TED Talk videos for free. You can also get personalized recommendations that match your interests.



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.

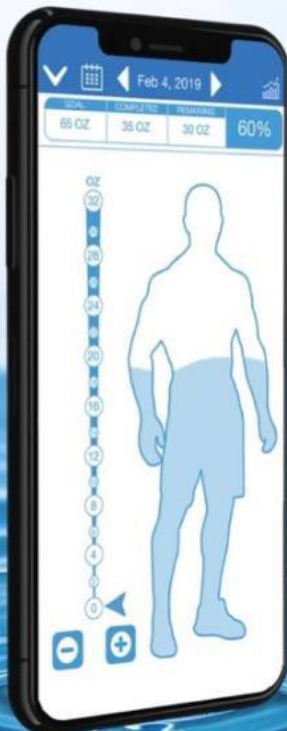


Daily Water Tracker Reminder

Hydration App Reminder Logger

★★★★★ 6.3K

**Easily Add
Any Drink Size**



**Celebrate
When You Hit
Your Goal!**



**Customize Your Goal
In Oz or mL**

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



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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