

# MINDFULNESS

## Top 7 Mindfulness Apps

Below is a list of our Top 7 recommended Mindfulness apps. We suggest you experiment with a few to see which style you resonate with the most.



**GENTLE REMINDER:** Constantly changing apps won't do you any favours. After trying a few, stick with your favourite app for at least 4 weeks to give it a fair chance to deliver tangible results. As the saying goes, if you are looking for water, dig a single hole (not many) and go deep!