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| **10% Happier**C:\Users\grscan\Desktop\10 percent logo.png | 10% Happier provides training for people who are skeptical of meditation, with content firmly based on neuroscience that omits the spiritual components present in other apps. For those new to meditation or who have never really understood the point of it, this might be a good fit. (7-day free trial, then $99.99/year) |
| **Aura**C:\Users\grscan\Desktop\aura logo.jpg | Aura helps users relieve stress and anxiety with a technologically advanced, simple, and effective meditation platform. Personalized by AI, Aura works best for those with limited time throughout the day to practice meditation. (7-day free trial, then $11.99/monthly or $59.99/year) |
| **Breethe****C:\Users\grscan\Desktop\breethe logo1.jpg** | Breethe is a free, fully customizable and user-friendly app that provides its users with supportive tools and guidance to help them stay on track with their meditation practices throughout the day. (Free, limited guided content, full access for $12.99/monthly or $89.99/year) |
| **Insight Timer**C:\Users\grscan\Desktop\insight timer1.jpg | Insight Timer does it all – from stabilizing anxiety levels to correcting a poor sleep pattern. Key features of the app include lovely sounds and bell timers to keep users on track and in the mood, as well as over 4,000 guided meditations. (Large free library; full access to course content for $9.99/monthly or $59.99/year) |
| **Simply Being**C:\Users\grscan\Desktop\MeditationOasisLogo2.jpg | Meditation Oasis: Simply Being features voice-guided meditations as well as relaxing nature sounds. Used by both beginners and professionals, this app is fully customizable and user friendly, and allows you to meditate easily with step-by-step guidance. (Free meditations; full access for $7.99/monthly or $49.99/year) |
| **Smiling Mind**C:\Users\grscan\Desktop\smiling mind.jpg | Smiling Mind's programs are divided by age, starting at 3-12 years. For those with children who are struggling with their emotions, this app may be a helpful addition to the current methods both the adult and child(ren) are using. (Completely free) |

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| **Aura**C:\Users\grscan\Desktop\aura logo.jpg | Aura helps users relieve stress and anxiety with a technologically advanced, simple, and effective meditation platform. Personalized by AI, Aura works best for those with limited time throughout the day to practice meditation. (14-day free trial, then $11.99/monthly or $59.99/year) |
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