



## Recommended Mindfulness Apps

### ★ [Insight Timer](#)

- Cost: Free or \$5/month
- Available on: Apple App Store & Google Play
- Rating: 4.8
- Common Positive Feedback: Free version is expansive, choice of voices, stories and music additions.
- Common Negative Feedback: Crashes occasionally, issues with the timer.
- Unique Features: Top rated sleep app. Largest free library

### ★ [10 Percent Happier](#)

- Cost: Free or Premium \$99/year.
- Available on: Apple App Store & Google Play
- Rating: 4.7
- Common Positive Feedback: Easy to maintain, great content, user friendly, seamless - no glitches.
- Common Negative Feedback: Issues canceling year subscription, Expensive, No monthly subscription option.
- Unique Features: Video, Personal coaches, experts on the platform.

### ★ [Aura](#)

- Cost: Free or Premium - \$12.99/month or \$99/year.
- Available on: Apple App Store & Google Play
- Rating: 4.5
- Common Positive Feedback: Great Content, great free short meditations.
- Common Negative Feedback: Very glitchy & Crashes often.
- Unique Features: Life coaching, Gratitude journal, Short Stories, & Nature sounds.

### ★ [Calm](#)

- Cost: Free or Premium \$12.99/month or \$59.99/year.
- Available on: Apple App Store & Google Play
- Rating: 4.4
- Common Positive Feedback: Simple, Effectitive, Great Content.
- Common Negative Feedback: Price concerns, free version is limited.
- Unique Features: Sleep Stories, 700,000 5 star reviews.

★ [The Mindfulness App](#)

- Cost: Free or Premium \$9.99/month or \$54.99/year.
- Available on: Apple App Store & Google Play
- Rating: 4.3
- Common Positive Feedback: Diverse options - never get bored. Helpful for relaxation, Free version is not as limited as other apps.
- Common Negative Feedback: Voiceover is annoying, can be glitchy.
- Unique Features: Sessions from 3 to 30 minutes.

★ [Headspace](#)

- Cost: Free or Premium \$12.99/month or \$95/annually.
- Available on: Apple App Store & Google Play
- Rating: 3.7
- Common Positive Feedback: Diverse set of exercises, easy to use interface.
- Common Negative Feedback: Free version is limited, expensive.
- Unique Features: Themed meditations, mini meditations, courses.

★ [Breathe](#)

- Cost: Free or Premium \$399.99/lifetime.
- Available on: Apple App Store & Google Play
- Rating: 3.2
- Common Positive Feedback: Works great, new content added often, good customer support.
- Common Negative Feedback: Glitchy & not user friendly