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App	Price			App	Price				
	Beat Social Phobia	\$2.99	X	X		MyCalmBeat	Free	X	X
	Belly Bio	Free		X		Omvana	Free		X
	Breathe2Relax	Free	X	X		PTSD Coach	Free	X	X
	Buddhify 2 app	\$4.99		X		Qi Gong Meditation Relaxation	Free	X	
	Calm	Free		X		Relax & Rest Guided Meditations	\$1.99	X	X
	Calming Music to Tranquilize	Free	X			Relax Lite: Stress and Anxiety Relief	Free	X	X
	Conscious	Free	X	X		Simply Being Guided meditation	\$1.99	X	X
	Fluid Monkey	Free	X	X		Stop breathe and think	Free		X
	Headspace.com	Free	X	X		Stop Panic and Anxiety Self-Help	Free	X	
	Meditation 4 Inner Wisdom by Glenn Harrold	Free	X	X		Tactical Breather	Free	X	X
	Mind Shift	Free for iPhone \$4.70 Android	X	X		Worry Box	Free	X	X

SLEEP

App	Price			App	Price				
	Deep Sleep with Andrew Johnson	\$2.99	X	X		Sleep as Android	Free	X	
	iSleep Easy-Meditations for restful sleep	Free	X	X		Sleep Cycle Alarm	Free	X	X
	Nature Sounds Relax and Sleep	Free	X			Sleep Pillow Sounds: white noise machine app	Free		X
	Pzizz	Free	X	X		SleepStream 2	Free		X
	Relax and Sleep Well by Glenn Harrold	Free	X	X		Sound Massage	Free	X	X