1. React Native and Expo

- **Expo CLI** (used to run and develop your app)
- **React Native** (the core framework for mobile app development)

2. Navigation

For navigation, you'll need these libraries for React Navigation.

- **React Navigation** (core navigation library)
- **React Navigation Stack** (for stack navigation)
- **React Navigation Tabs** (for bottom tab navigation)
- **React Native Screens** (helps optimize navigation for better performance)
- **React Native Safe Area Context** (handles safe areas for different devices)

expo install @react-navigation/native
expo install @react-navigation/stack
expo install @react-navigation/bottom-tabs
expo install react-native-screens react-native-safe-area-context

3. Icons

- **React Native Vector Icons** (for adding icons to your navigation and other UI components)

expo install react-native-vector-icons

4. State Management

For managing global app state, we'll use the **React Context API**.

- **React Context** (built-in library to manage global state)

This is a built-in feature in React, so no need for a separate installation.

5. Authentication

To handle authentication, you'll need Firebase:

- **Firebase** (for user authentication, database, etc.)

npm install firebase

6. Styling and UI Components

For enhanced styling and components, you can use the built-in StyleSheet of React Native, but if you want additional UI components, you can install **React Native Paper** or **NativeBase** for ready-to-use components.

- **React Native Paper** (UI component library)

npm install react-native-paper

7. Additional Dependencies

To ensure smooth development and debugging, you can install these packages as well.

- **React Native Reanimated** (for animations and gesture handling)
- **React Native Gesture Handler** (for handling gestures like swipes)

expo install react-native-reanimated react-native-gesture-handler

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Full Command List to Install All Dependencies:

1. **Create Expo project**:

   ```
   npx create-expo-app MindfulSpace
   cd MindfulSpace
   ```

2. **Install necessary libraries**:

   ```
   expo install @react-navigation/native
   expo install @react-navigation/stack
   expo install @react-navigation/bottom-tabs
   expo install react-native-screens react-native-safe-area-context
   expo install react-native-vector-icons
   npm install firebase
   npm install react-native-paper
   expo install react-native-reanimated react-native-gesture-handler
   ```

Summary of Libraries and What They Do:

- **React Navigation**: Manages app navigation between screens (e.g., stack, bottom tabs).
- **Firebase**: Provides backend services, including authentication and real-time database.
- **React Native Vector Icons**: Adds vector icons to UI components.
- **React Native Paper**: Provides material design components for better UI/UX.
- **React Native Reanimated & Gesture Handler**: Enables animations and handling of user gestures (e.g., swipes, taps).