**7 Cups of Tea**

**Description**

Feeling worried, sad, stressed or lonely? Need to talk to someone? Download 7 Cups now for FREE anonymous emotional support & counseling from trained active listeners. Easy to use text chat. Real listeners available for you 24/7 & that’s not all:  
  
• Chat 1-1 with a listener any time  
• Feel supported in chat rooms & community forums  
• Access online message therapy with licensed therapists  
• Calm yourself with 300 free mindfulness exercises  
• Get personalized care with our free wellness test  
• Boost your mood with simple activities  
• Learn & grow from short videos   
  
Thousands of people use 7 Cups, winner of the 2016 Stanford MedicineX Prize for Healthcare Systems Design, every week. Here’s what some of them have to say:  
  
“Talking anonymously with a listener made me feel safe enough to really open up.”  
  
“I can just message on my way home from work and it isn’t inconvenient like scheduling a therapist.”  
  
“I got undivided attention from someone who cared for the first time in a really, really long time.”  
  
EMOTIONAL SUPPORT ON DEMAND:  
  
Feeling stressed, anxious, or depressed? Having relationship problems? Sometimes you need to vent. Finding and scheduling a therapist can be time-consuming and expensive, and you can’t always open up to friends, family, or coworkers.  
  
Now you can get emotional support anytime, anywhere with 7 Cups. This app gives you the help you need, fast and free, in a way that fits your life.  
  
• Connect anytime, anywhere with listeners who care  
• Speak your mind without any fear of being judged  
• All listeners trained in active listening  
• Compatible with iPhone, iPad, and iPod Touch  
  
We start you on a “growth path” that will encourage and support you as you take daily steps to become stronger.  
  
IN THE MEDIA:  
  
Founded by a licensed psychologist, 7 Cups has been featured in LifeHacker (“Technology can help you find someone to chat with about your problems to, or even connect you with a professional that can offer lasting, long-term help”), Medical Daily (“Talking therapy for people on-the-go”), and TechCrunch (“One of the top 8 startups from Y Combinator’s Summer ’13 Demo Day”).  
  
100% CONFIDENTIAL:  
  
Remain 100% anonymous. No one will ever know who you are—not even your listeners or therapists.  
  
LISTENERS WHO CARE:  
  
Our listeners are volunteers. They aren’t getting paid; they’re here because they want to help.  
  
They care.  
  
We have over 160,000 trained listeners and licensed therapists to choose from. Listeners provide support across 189 countries and in 140 languages. Each listener has a profile with reviews and a list of categories that they specialize in, ranging from panic attacks and bullying to eating disorders, surviving a breakup, and more.  
  
When you find the listener you want, connect instantly via chat. Try a new listener each time, or pick one listener and develop a deeper ongoing relationship.  
  
FAST & FREE:  
  
The app is free to download, and all listeners are 100% free. After you download the app, you can start a conversation in less than 60 seconds.  
  
UPGRADE PRICING & TERMS  
  
7 Cups offers two auto-renewing subscription options:  
$12.99/month  
$94.99/year  
  
Your 7 Cups upgrade will automatically renew at the end of each term and your credit card will be charged through your iTunes account. You can turn off auto-renew at any time from your iTunes account settings but refunds will not be provided for any unused portion of the term.  
  
7 Cups also offers a Forever subscription paid for in a single non-renewing upfront payment of $399.99 granting unlimited access to 7 Cups Upgrade forever.  
  
Read more about our terms and conditions here:  
  
Read more about our terms of service and privacy policy here:  
http://www.7cups.com/privacy.php  
  
Download 7 Cups and start feeling better today!  
  
If you love 7 Cups, please take 20 seconds to give us a nice review. It really helps! For other feedback, contact info@7cups.com. Thank you.  
  
For users aged 13+.

**Monument Valley**

**Description**

\*\* Apple Game of the Year 2014 \*\*  
\*\* Winner of Apple Design Award 2014 \*\*  
  
In Monument Valley you will manipulate impossible architecture and guide a silent princess through a stunningly beautiful world.  
  
Monument Valley is a surreal exploration through fantastical architecture and impossible geometry. Guide the silent princess Ida through mysterious monuments, uncovering hidden paths, unfolding optical illusions and outsmarting the enigmatic Crow People.  
  
Ida's Dream now available.  
  
Forgotten Shores: Eight new chapters of adventure and illusion available now as a separate purchase.  
  
Buy or download Monument Valley now and you’ll also get our fully animated iMessage sticker pack, including 5 stickers exclusive to players! Only available on iOS10 and above.  
  
=======  
  
"This might be the most beautiful iPad game of 2014" - Wired  
  
"Brilliant design... stayed with me like a dream I didn't want to forget" 9/10 - Polygon  
  
"The most sublime hour my iPad has ever given me... and the value of such a thing is incalculable" - Kotaku  
  
"Monument Valley stuns with its serenity... each screen is a work of art" - Huffington Post  
  
"Almost impossibly gorgeous... a feast for your senses" 5/5 - Touch Arcade  
  
=======  
  
BEAUTIFUL  
  
Inspired by minimalist 3D design, optical illusions and palaces and temples from around the world, every monument is a unique, hand-crafted world to explore.  
  
EASY TO USE  
  
Twist and drag to reshape the world and help Ida to explore. Designed to be easy for everyone to pick up, enjoy and complete.

**Calm**

**Description**

Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Join the millions experiencing less anxiety and better sleep with our guided meditations, breathing programs and Sleep Stories. Recommended by top psychologists and mental health experts to help you de-stress.  
  
Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users.  
  
Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. Topics include:  
  
\* Calming Anxiety  
\* Managing Stress  
\* Deep Sleep  
\* Focus and Concentration  
\* Happiness  
\* Gratitude  
\* Self-Esteem  
\* Body Scan  
\* Loving-Kindness  
\* Forgiveness  
\* Non-judgement  
\* Commuting to work or school  
\* Walking meditation  
\* Calm Kids  
\* And so much more....  
  
Also featuring:  
  
\* Daily Calm: a new 10-minute program added daily to help ease you into the day or unwind with before bed  
\* 50+ Sleep Stories: adult bedtime stories guaranteed to lull you to sleep  
\* 7 day and 21 programs for both beginner and advanced users  
\* Breathing exercises to relax  
\* Unguided timed meditation  
\* Open-ended meditation  
\* 30+ soothing nature sounds and scenes to use during meditation, yoga or to help you sleep  
  
Track your progress with:  
  
\* Daily streaks  
\* Time spent meditating  
  
Calm is loved by the press:  
  
\* “I’m generally wary of meditation apps because they sometimes weave in too much mystic talk for my taste. But Calm instead contains guidance like ‘Concentrate on your body’” - New York Times  
  
\* “In the frenetic, crazy, digital world we live in, sometimes it's necessary to take a step back and smell the roses” - Mashable  
  
\* “Eliminating distraction...ended up helping me relax and realize that all the stuff I was stressing about wasn't that big a deal” - Tech Republic  
  
\* “Found myself similarly refreshed afterwards” - TechCrunch  
  
Subscription pricing and terms:  
  
Calm offers two auto-renewing subscription options:  
$12.99 per month  
$59.99 per year  
  
These prices are for United States customers. Pricing in other countries may vary and actual charges may be converted to your local currency depending on the country of residence.  
  
Your Calm subscription will automatically renew at the end of each term and your credit card will be charged through your iTunes account. You can turn off auto-renew at any time from your iTunes account settings but refunds will not be provided for any unused portion of the term.  
  
Calm also offers a Lifetime subscription which is paid for by a one-off upfront payment of $299.99 with unlimited access to the Calm Collection forever.  
  
Calm integrates with the Health app. This feature is optional.

**Self-help for Anxiety Management**

**Description**

SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.  
  
SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.  
  
The key features of SAM are:  
  
• Clearly laid out menus  
• User guidance  
• External links  
• Self-monitoring of anxiety with graphical display  
• 25 self-help options covering: Information about anxiety, Thinking and anxiety, Physical relaxation, Mental relaxation, Health and Anxiety  
• Guidance on putting self-help into practice  
• Closed social network of SAM users  
  
The content of SAM is presented in various media formats in order to support users in learning about anxiety and practicing self-help. Although not text-heavy, users will need to study the guidance to get the best out of SAM. Users are encouraged to build their own Anxiety Toolkit of SAM resources that they find helpful and to draw on this for regular practice in managing situations that are associated with anxiety.   
  
SAM may be used with or without the support of a registered health practitioner but you may wish to consult with your local health or well-being practitioner if you are uncertain about using SAM.

**Insight Timer**

#### Description

Insight Timer is the most popular free meditation app in the App Store.  
- Home to 2 million meditators   
- 2 billion meditation minutes - more than any other app  
- 1,200 meditation teachers   
- 5,300 free guided meditations  
- 850 free music meditation tracks  
- 4,300 discussion groups and local meet-ups  
- The world's most popular meditation Timer  
  
\* \* \* \* \* \* \* \* \* \*  
  
WHY PEOPLE PREFER INSIGHT TIMER  
- It's free (no monthly fees or lockdowns)  
- Help with Sleeping  
- Dealing with Anxiety and Stress  
- Getting through Recovery and Addictions  
- Achieving higher levels of Selflove and Compassion  
- A worldwide community of meditators  
  
\* \* \* \* \* \* \* \* \* \*  
  
FEATURES: TIMER  
- Deeply peaceful bells with polyphonic overlay  
- Ambient background sounds  
- 8 different activities  
- Session extensions  
- Interval bells  
- Personalized presets  
- Synchronization between devices  
- Powerful stats and milestones  
- Integrates with the Apple Health app  
  
FEATURES: GUIDED MEDITATIONS  
All your favorite meditation teachers including Thich Nhat Hanh, Tara Brach and Jack Kornfield.  
- 5,300 free guided meditations  
- 850 free meditation music tracks  
- 1,200 meditation teachers  
- 20 traditions and origins  
- Bookmarks   
- 1m reviews and ratings  
- Direct feedback from Teachers  
  
\* \* \* \* \* \* \* \* \* \*  
  
Insight Timer is the largest community of regular meditators on the planet. Our community generates more meditation minutes than any other app. Every day more than 1,200 of the world's best meditation teachers upload new content including free guided meditations, beautiful meditation music, talks and podcasts.  
  
With a dynamic worldwide community of meditators, Insight Timer is the fun and connected way to support your meditation practice, whether you're just starting out, or have been meditating for years.

**Viridi**

#### Description

Nurture a small pot of succulents that grow in real time.  
  
Viridi is a safe haven, a place you can return to for a moment of peace and quiet whenever, and wherever you need it.  
  
While not fully realistic (they're very forgiving), your succulents will require some maintenance and can die from over- or under-watering. Name your favorite plants, give them special care and attention, and they might even flower for you.  
  
Viridi is free to try and comes with your choice of plant assortment. If you think it has a place in your life, you can buy your favorite plants from the in-game nursery for just a few cents a piece. Remember to visit the nursery occasionally for your weekly free seeding!  
  
--  
  
"Designed to be the ideal happy place game ... Viridi is a primer, a simulation, and a love letter to this branch of botany, all rolled into one"   
- Fast Company  
  
"Yes, you do need an ultra-zen video game about growing succulents ... tending to these digital plants offers a seriously calming experience"  
- The Huffington Post  
  
"The most chilled out and peaceful game I've ever seen"  
- Upworthy  
  
"In addition to learning about real-life varieties of succulents, what you are learning when you play games of this type is how to create a quiet, mindful moment in your day using unusual tools"   
- National Geographic

**Mind Games**

#### Description

Exercise your brain!  
  
Mind Games is a great collection of games based in part on principles derived from cognitive tasks to help you practice different mental skills. This app includes a handful of free games. Additionally, there are a number of trial games included that can be played 3 times. All games include your score history and a graph of your progress. Using some principles of standardized testing, your scores are also converted to a standardized scale so that you can see where you need work and excel.  
  
Not sure where to focus? Training Center does the work for you by picking the perfect mix of exercises to keep you engaged.  
  
Mind Games is intended to be brain challenging entertainment. No research has yet been conducted to determine if this app has cognitive benefits.  
  
Attention Training Game - Exercise your focus and speed. Based on the flanker attention task.   
  
Abstraction - Practice your ability to differentiate abstract from concrete words.  
  
Divided Attention - Practice your ability to divide your attention and respond rapidly.  
  
Face Memory - Memorize a group of faces and then see if you can recall them.  
  
Math Star - Practice your basic arithmetic skills, speed, and attention to detail.  
  
Memory Flow - Practice your learning and memory and attention to details with visual stimuli.  
  
Memory Racer - Practice for your working memory and processing speed.  
  
Mental Categories - Practice your processing speed and quick categorization skills.  
  
Mental Flex - Practice your mental flexibility.  
  
Grid Memory - Memorize the locations of the tiles that change with increasing numbers of tiles.  
  
Self-Ordered Learning - Memorize a sequence of objects using a sequence you determine.  
  
Speed Trivia - Test and improve your knowledge of general trivia and information.  
  
Vocabulary Star - Try to improve your vocabulary and spelling skills.  
  
Vocabulary Power - Try to improve your vocabulary without time pressure or spelling skills needed.  
  
Object Memory - Test and practice your visual memory skills for remembering objects.  
  
Word Memory - Memorize 30 words and see if you can recognize them.

**Pacifica**

#### Description

Stress, anxiety, and depression can get in the way of you living your life. Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking.  
  
Stress, anxiety, and depression are caused by an ongoing cycle of negative thoughts. Thoughts cause physical feelings and emotions which cause actions. Pacifica helps break this cycle using tools that target each of its components. Day-by-day, you'll learn to manage stress, anxiety and depression at your own pace. We’re not about quick-fixes or false promises. We are about real progress, a day at a time.  
  
#1 - BuzzFeed's Amazing Apps For Anyone Living With Anxiety  
#1 - Forbes' 4 Technologies Innovating in Mental Health  
  
TESTIMONIALS  
  
"This app is not only beautiful and easy to use, it's also an incredibly useful tool that has genuinely changed my way of thinking when it comes to anxiety."  
  
“Thank you so much for improving my quality of life. I suffer from depression and generalized anxiety disorder and your app helps me SO much!...I know I can do better and Pacifica motivates me to improve my eating habits (and to drink more water and less alcohol and coffee!).”  
  
RELAXATION & MINDFULNESS MEDITATION AUDIO TOOLS  
Calm down in moments of stress or anxiety using one of Pacifica’s 30+ audio exercises set to relaxing soundscapes, including deep breathing, muscle relaxation, mindfulness meditations, and more.  
  
GUIDED SELF-HELP PATHS  
Our psychologist-designed Paths include audio lessons and helpful activities to help you with stress, anxiety, or depression. These include an introductory Path, two Paths focused on CBT, and a mindfulness Path.  
  
MOOD TRACKER  
Rate your mood and feelings throughout the day, and add specific notes (the situation, the trigger, etc.) so you can notice patterns and see improvement over time.   
  
THOUGHT RECORDING, JOURNALING & ANALYSIS  
Use Pacifica’s psychologist-designed thought analysis tools to learn how distorted thinking patterns contribute to your anxiety. Pacifica uses CBT techniques to help you to think in a more balanced way, which helps break the negative thought cycle.  
  
DAILY CHALLENGES & GOAL TRACKING  
Pacifica uses CBT techniques to help you to face your anxiety, one day at a time, and gradually work toward your long term goals via daily challenges.  
  
HEALTH TRACKER  
Set and track daily health goals for habits that affect anxiety (exercise, sleep, caffeine, alcohol, etc.). Learn which of these trigger your anxiety based on patterns in your mood. Exercise, sleep and caffeine can also be populated using the Apple Health app.  
  
COMMUNITIES & GROUPS  
You aren’t alone in this. Share stories, advice and more with Pacifica’s peer-support community.  
  
PRICING & TERMS  
Pacifica is free to download and use. Pacifica Full Access allows for unlimited use of all of tools and is available through an auto-renewing subscription. There are two options:  
  
1 month: $5.99  
1 year: $35.99  
  
Pricing in countries other than the U.S. may vary and actual charges may be converted to your local currency depending on your country's residence.  
  
These prices have been converted to your local currency. Payment will be charged to your iTunes account at confirmation of purchase. Your subscription will renew automatically unless auto-renew is turned off at least 24-hours before the end of the current period. Your credit card will be charged for renewal within 24-hours prior to the end of the current period at the price listed above. You can turn off auto-renew at any time from your iTunes account settings but refunds will not be provided for the unused portion of the term. If a free trial period is offered, it will be forfeited when the you purchase a subscription.  
  
Need help with the app? Please email info@thinkpacifica.com or go to help.thinkpacifica.com  
  
TERMS OF SERVICE: http://thinkpacifica.com/tos.html  
PRIVACY POLICY: http://thinkpacifica.com/privacy.html

**Headspace**

#### Description

Get the most out of your day with the Headspace app. We’ll help you perform at your best through the life-changing skills of meditation and mindfulness.  
  
With the free Basics pack, Headspace teaches you the essentials of living a healthier, happier life. If you enjoy the Basics, then it’s time to subscribe. Once you do, you’ll have access to hundreds of meditations on everything from stress and anxiety to sleep and focus.  
  
There are packs to help you build healthier relationships with the people you love, SOS sessions to help you find a place of calm and relaxation during meltdown moments and even Headspace for Sport packs to keep your mind fit whether you’re shooting hoops, powerlifting or racing for the finish line.  
  
All you need to do is download the app and sign up. Then just sit back, relax and breathe.  
  
SUBSCRIPTION PRICING AND TERMS  
  
Headspace offers two auto-renewing subscription options:  
$12.99 per month  
$94.99 per year  
  
These prices are for United States customers. Pricing in other countries may vary and actual charges may be converted to your local currency depending on the country of residence.  
  
Your Headspace subscription will automatically renew at the end of each term and your credit card will be charged through your iTunes account. You can turn off auto-renew at any time from your iTunes account settings but refunds will not be provided for any unused portion of the term.  
  
Headspace also offers a Forever subscription which is paid for by a one-off upfront payment of $399.99 with unlimited access to the Headspace Collection forever.  
  
Read more about our terms and conditions here -  
http://www.headspace.com/terms-and-conditions  
  
Read more about our privacy policy here -   
https://www.headspace.com/privacy-policy

**Relax Melodies**

#### Description

Take back control of your sleep with Relax Melodies and join our community of millions that sleep better every day. Featured in People magazine, Mashable and many more. Start sleeping now and enjoy full nights of sleep like you haven’t in a long time.   
  
Select sounds and melodies that you like, combine them and adjust the volume of each sound to create a mix. Add one of our meditations specially designed for sleep, lay back, listen, and enjoy falling asleep. It’s that simple and it works. Create different and new mixes every time!  
  
We have all the tools you need for sleep:  
  
a) 52 free sounds and melodies to create unlimited ambiances and atmospheres.  
b) Brainwaves frequencies to help you reach specific states of sleep.  
c) ‘Community Melodies’ driven by the best mixes of the community.  
d) Mindful Minutes tracking with Apple Health.  
e) Background sound support. Listen to your mixes while using other apps.  
f) 5-Day programs and single sessions, including topics:  
  
\* Better Sleep   
\* Deep Sleep  
\* Stress & Anxiety Relief  
\* Understanding your Dreams  
\* Naps  
\* S.O.S Sleep  
\* 30+ Life Coach on various subjects  
\* New content coming regularly  
  
Relax Melodies can also be used in many other situations. Perfect during some of your favorite activities such as relaxing at the spa, exercising in your yoga or relaxation classes, massaging sessions, or even when taking a nap! Ideal for parents to help your baby fall asleep!  
  
\* Press & Magazine Highlights \*  
  
Featured in Amazon’s Top Best Apps, People Magazine, Health Magazine, KnowYourMobile, Mashable, Autism Pluggedin, Healthline.com and many others!  
  
‘Relax Melodies is designed with a good night’s sleep in mind. If you have difficulty getting to sleep or feeling rested in the morning, then this is the app to try.’ - HealthLine   
‘Escape restless nights by listening to custom mixes of sounds’ - Mashable  
‘Want to learn the art of power napping but can’t switch off? This app can help.’ - Independent Digital News & Media  
  
Try it today and reclaim your sleep.  
  
Online - http://www.relaxmelodies.com  
Facebook - https://www.facebook.com/relaxmelodies  
Twitter - https://twitter.com/relaxmelodies  
  
Subscription pricing and terms:  
  
Relax Melodies offers two auto-renewing subscription options:  
$9.99 per month  
$24.99 for 3 months  
  
These prices are for United States customers. Pricing in other countries may vary and actual charges may be converted to your local currency depending on the country of residence.  
  
Your Relax Melodies subscription will automatically renew at the end of each term and your credit card will be charged through your iTunes account. You can turn off auto-renew at any time from your iTunes account settings but refunds will not be provided for any unused portion of the term.  
  
Relax Melodies also offers a Lifetime subscription which is paid for by a one-off upfront payment of $19.99 with unlimited access to the Relax Melodies content forever.  
  
Relax Melodies optionally integrates with the Health app.   
  
Read more about our terms and conditions here:  
  
Terms of service: http://www.ipnos.com/end-user-license-agreement/  
Privacy policy: http://www.ipnos.com/privacy-policy/

**Afterlight**

#### Description

Afterlight is the perfect image editing app for quick and straight forward editing. Our simple design, paired with powerful and snappy tools, will give you the look you want in seconds.  
  
15 ADJUSTMENT TOOLS  
Use any of our 15 uniquely made adjustment tools to enhance your images to perfection with ease.  
  
  
79 FILTERS  
Afterlight has 31 fully adjustable Original Filters, 14 Guest Filters by various Instagram users, 18 Seasons filters, and the new Wander pack including 16 filters. Now including the new Fusion filters, allowing you to mix tools, filters and textures to create your own personal filters.  
  
  
78 TEXTURES  
Afterlight includes a range of real and natural light leaks we created with 35mm film and instant film, to simplistic scratchy film textures.  
  
  
CROPPING & TRANSFORMING TOOLS  
Crop your photos with our quick and easy cropping tool with 15 different presets.  
Transform your photos with our rotating tool, vertical and horizontal flipping tools, and straightening. Now with the new Double Exposure tool.  
  
  
FRAMES  
We provide a list of 128 different simplistic and adjustable frames, paired perfectly with Instagram. Now including the new Wallpaper Pack.

**Atmosphere: Relaxing Sounds**

#### Description

Atmosphere is the perfect app to relax.   
Enjoy a variety of relaxing sounds divided into different environments.  
Just choose the sounds that you like and create your favorite combination, sleep, meditation, yoga, relieve stress, beat the anxiety and insomnia or just enjoy the sounds of nature.  
With the help of binaural beats and isochronic tones you can stimulate your mind, reduce stress and stimulate creativity.  
It will also help to sleep easily thanks to the timer that closes the application by itself.  
  
Atmosphere have environments for everyone:  
- Beach  
- Forest  
- City  
- Home  
- Underwater  
- Park  
- Countryside  
- Oriental  
  
Enjoy the calmness of the rain, the strong of the storm or the stream of a river.  
  
Atmosphere also includes a section of binaural beats and isochronic tones that will help you to free your mind and soul.  
  
Available functions:  
  
- Don't waste battery with the timer  
- Mix and save you favourite sounds to load them anytime  
- Mix sounds between any environment. Customize it as you want.  
- Hight quality sound  
- More than 70 soothing sounds available  
- Natural and artificial sounds  
- Listen to the sounds at background while you are doing other things  
- Extend your mind the variety of binaural beats   
- Interface designed to not cause eyestrain  
- Control the volume of each sound to make your perfect environment  
- Calm down your little kids with the nature sounds  
- Regain your health and vitality  
- Overcome anxiety and insomnia

**Audible**

#### Description

Welcome to Audible. We’re an Amazon company, and home to an unmatched selection of audio books. And now Amazon Prime and Audible members also have access to Audible Channels, offering unlimited listening to original series and handcrafted playlists for every interest.  
  
Turn any time into storytime: listen to your favorite stories anywhere, on your iPhone, iPod Touch, or iPad. Speed through your commute with a thriller, fuel your next training session with facts, find yourself transported into a realm of romance and intrigue, while your carpet gets cleaner than ever before. With Audible, the possibilities are endless.  
  
Listen to best sellers:  
  
•The Girl on the Train  
•Truly, Madly, Guilty  
•The Power of Habit  
•Harry Potter  
•The Martian  
•A Man Called Ove  
•Homegoing  
•The Gene  
•When Breath Becomes Air  
•End of Watch  
  
A wide range of popular categories like:  
  
•Crime and Thrillers  
•Science Fiction  
•Fantasy  
•Romance  
•Classics  
•Novels  
•Mystery  
•Horror  
•Self-development  
•Mindfulness and meditation  
•Business  
•Children’s books  
  
Features designed for the audiobook listener:  
  
• Chapter navigation  
• Listen over wifi, save on data  
• Download to your device for offline listening  
• Create clips of favorite passages and share with friends and on social media  
• Send any book in your library to your friends - their first book is on us  
• Bookmarking  
• Sleep mode, dark or light theme, variable narration speed, button-free mode and more  
• Compatible with thousands of ebooks from Amazon- switch seamlessly between listening to your audiobooks and reading on your Kindle with Whispersync for Voice.  
• The app syncs your furthest listening position for bookmarks, notes, and clips between iPad, iPhone and iPod touch, using Whispersync technology.  
  
Supports Audible.com, Audible.com.au, Audible.co.jp, Audible.co.uk, Audible.de, Audible.it, and Audible.fr  
  
Let us help you at www.audible.com/help or get in touch on Twitter @audible\_com

**Podcasts**

#### Description

Learn, laugh, and stay informed. Discover hundreds of thousands of downloadable podcasts, from thought-provoking stories to hilarious interviews to sports and politics. Search categories, subscribe to your favorites to get free updates, and see what’s rising to the top of the charts.  
  
Features  
  
Discover  
  
• Explore hundreds of thousands of free podcasts on a variety of topics, including arts, business, comedy, music, news, sports, and more.  
  
• Subscribe to your favorites and automatically get new episodes for free as they become available.  
  
• Browse audio or video podcasts, or see what's most popular in Top Charts.  
  
• Keep up with the latest episodes from your favorite podcasts in the Unplayed tab.  
  
Play  
  
• Enjoy all of your audio and video podcasts in a single app.  
  
• Skip forward and back using simple playback controls.  
  
• Adjust the playback speed of your audio or video podcasts.  
  
• Control playback from anywhere in the app with the MiniPlayer.  
  
• Turn on Sleep Timer to automatically stop playing a podcast while listening in bed.  
  
• Stream episodes or download them to listen while offline.  
  
• Ask Siri to play specific shows or stations by name, like “Play TEDTalks.”  
  
• Take your podcasts on the road and listen through CarPlay.  
  
• Experience your favorite podcasts on Apple TV using Podcasts for tvOS.  
  
• Subscribe to podcasts that require authentication—just tap the + button in Unplayed or My Podcasts and select “Add Podcast.”  
  
Organize  
  
• Receive a notification when new episodes from podcasts you've subscribed to become available.  
  
• Add new podcasts to the top of your queue without pausing the one you’re listening to. Just find a podcast you want and select Play Next, or tap Add to Up Next to put it at the bottom of your queue.  
  
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