

Recommended Apps from Marquette Payton

BrainWorks Webinar with LFA & Marquette Payton, Janus Henderson Investors

October 10, 2023

- **BEST OVERALL: LUMOSITY**
- **BEST FOR FREE FEATURES: DUOLINGO**
- **BEST FOR REDUCING ANXIETY: CALM**
- **BEST FOR STRENGTHENING COGNITIVE SKILLS: PSYCHOLOGYCOMPASS**
- **BEST FOR GUIDED MEDITATIONS: HEADSPACE**
- **BEST FOR REDUCING STRESS: TEN PERCENT HAPPIER**
- **BEST FOR MINDFULNESS: INSIGHT TIMER**
- **BEST FOR INSPIRATION: TED**
- **BEST FOR PRODUCTIVITY: FOREST**
- **BEST FOR CONNECTION: WORDS WITH FRIENDS**
- **BEST FOR PUZZLE LOVERS: CHESS – PLAY AND LEARN**