

# Favorite Apps

I am probably not the most technological savvy person so I have to chuckle to think I am recommending apps to you! However, I do have a few that I use and love. You may already be familiar with them, but if not, here they are:



Waterlogue App

[Waterlogue](#) This app takes any photo and turns it into a watercolor.

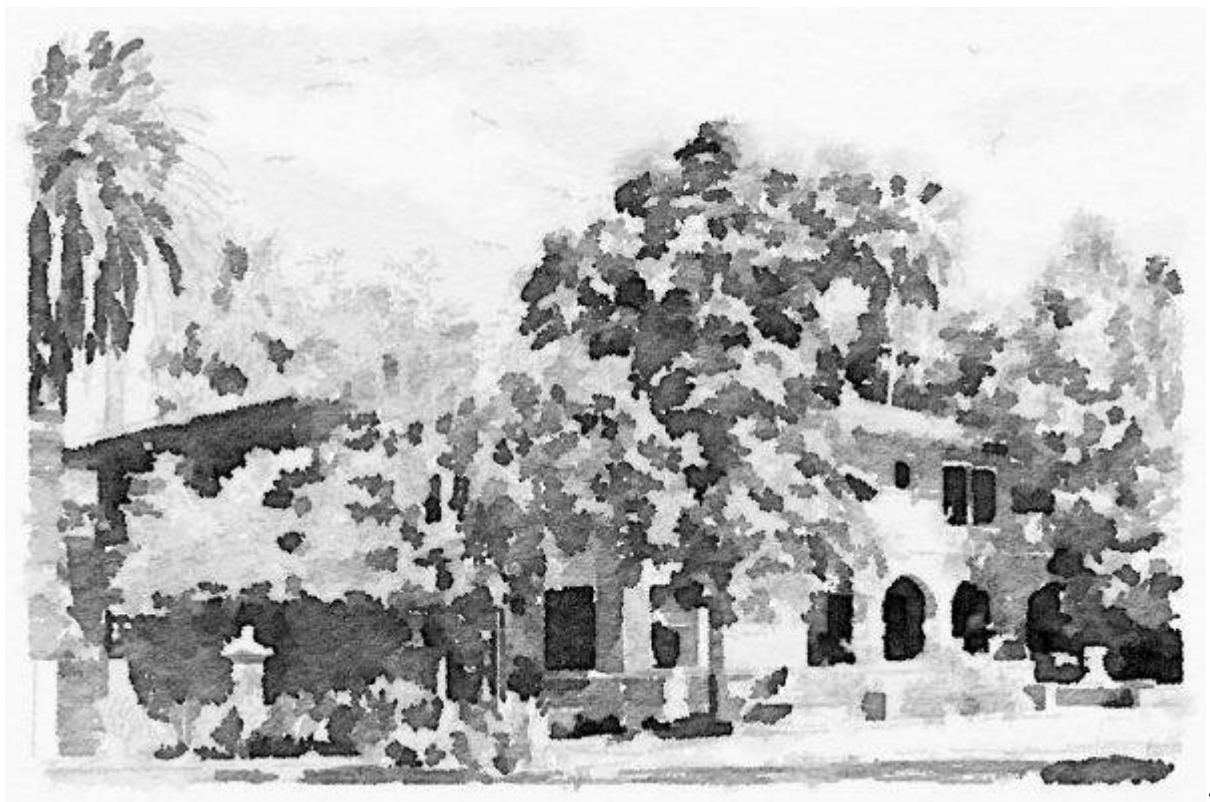


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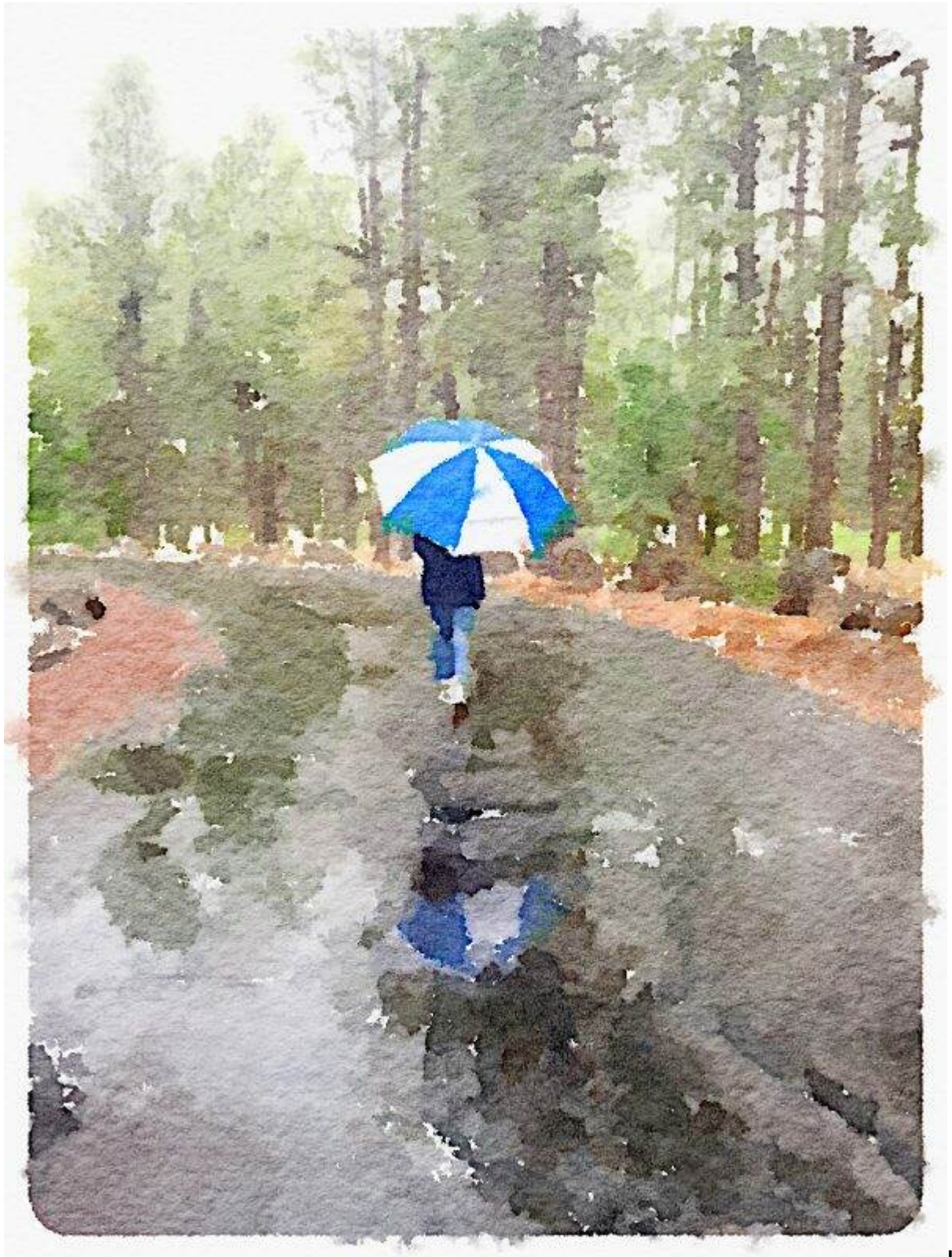
ou also have the option to do your photo in black and white



I

took this photograph of my daughter, Elisabeth while she was walking in the rain this summer in the mountains.





Here's a Waterlogue image of our [rental cabin](#) in Pinetop, in the White Mountains of Arizona. I took the watercolor image and had note cards made which I use as thank you notes for our guests.



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My next favorite is [1 Second Everyday](#). I learned about this from Elisabeth, who had a school project using this app. This app allows you to record something for one second every day. So I decided to record the things that I love or those things that make me happy. It's a video library and there are so many ways you can use it.



1 Second Everyday App

Here is the link to my 1 Second Everyday [video](#).

Next, I have a love/hate relationship with this app. [Lose It!](#) app helps with monitoring all your food/nutritional intake plus their website is filled with workouts, recipes and guides to help you lose weight, eat a balanced diet, and get support throughout the process. A dear friend of mine recently lost 40 lbs. and attributes it to this app. We will definitely be using Lose It! after the holidays!

✖ Lastly, my favorite one is [Headspace](#). I have never been one who meditates, but I must say, that this app is really spectacular. The voice behind Headspace is Andy Puddicombe and I honestly admit that I'm in love with this man's voice. It is velvet, warm butter, a soft blanket all rolled into one. The minute I hear it, I instantly relax. As the New York Times says, "Andy Puddicombe is doing for meditation what Jamie Oliver has done for food". The first 10 sessions are free and then if you are hooked, you can subscribe. I wish I did this more, but I must say that when I turn his voice on in my head, something wonderful kicks in...



Do you have a favorite app? Please share!

*Mary*