These short “scripts” can be helpful for introducing your patients/clients to the Dr. Jud apps.

**Unwinding Anxiety**

**For Whom**: Unwinding Anxiety was developed for anyone with anxiety.

**What**: Unwinding Anxiety is a sequential 30-module program, with short daily exercises, that will help you learn how to work with anxiety right in the moments that it arises, and ultimately change the “habit-loop” that keeps anxiety going. Each day you will watch a short video (~10 minutes) that teaches you about your anxiety and how to manage it.

**Why**: Unwinding Anxiety is the first clinically proven app for anxiety. It was developed by Dr. Jud Brewer, a world-renowned psychiatrist and neuroscientist, combining cognitive neuroscience, evidence-based mindfulness training, and mobile health technology to help people break cycles of stress, worry, anxiety and panic.

**How**: Download Unwinding Anxiety from [www.unwindinganxiety.com](http://www.unwindinganxiety.com). It works on iPhones and Android phones.

**Eat Right Now**

**For Whom**: anyone who struggles with overeating, stress/emotional eating or binge eating.

**What**: Eat Right Now is a sequential 28-module program, with short daily exercises, that will help you learn how to work with craving-related eating right in the moments that it arises, and ultimately change the “habit-loop” that keeps it going.

Each day you will watch a short video (~10 minutes) that teaches you about your relationship to eating, learn in-the-moment exercises to ride out cravings, and much more, so you can gain control over emotional and habitual eating.

**Why**: Eat Right Now is the first clinically proven app for craving-related eating. It was developed by Dr. Jud Brewer, a world-renowned psychiatrist and neuroscientist, combining cognitive neuroscience, evidence-based mindfulness training, and mobile health technology to help people break unhealthy eating cycles such as overeating, stress & emotional eating, binge eating, habitual snacking and so on.

**How**: Download Eat Right Now from [www.goeatrightnow.com](http://www.unwindinganxiety.com). It works on iPhones and Android phones

**Craving To Quit**

**For Whom**: Craving to Quit was developed for anyone who wants to quit smoking. It can be used by itself or in combination with medication.

**What:** Craving to Quit is a sequential 21-day program, with short daily exercises, that will help you learn how to work with cravings right in the moments that they arise, and ultimately break the “habit-loop” cycle that keeps your smoking habit going.

It was developed by Dr. Jud Brewer, a world-renowned psychiatrist and neuroscientist, combining cognitive neuroscience, evidence-based mindfulness training, and mobile health technology and when given in person was shown to be **5x more effective** than gold-standard treatment at helping people quit smoking. It has scientifically been proven to break the links between craving and smoking, and to target the brain mechanisms related to getting caught up in craving.

**How:** Download To Quit from [www.cravingtoquit.com](http://www.cravingtoquit.com). It works on iPhones and Android phones.