

I denne Rocket Cast taler vi om at have det godt og de gadgets, apps og metoder der kan hjælpe det på vej!

Shownoter - Rocket Cast #37 - Ha' det godt med Nikolaj og Esben

* Lumoback - <http://www.lumoback.com/>

* Lysterapi to-go via Elektronista

- <http://elektronista.dk/fritid/sadan-undgar-du-vinterdepression-lysterapi-to-go/>

- Kritik af Valkee:

<http://skeptics.stackexchange.com/questions/8370/do-valkee-bright-light-headsets-reduce-sad-symptoms>

- Og lidt Wired dækning:

<http://www.wired.com/gadgetlab/2011/01/earbuds-beat-depression-by-shining-lights-into-your-brain/>

* Ghetto gadget: underlag: <http://www.amazon.co.uk/dp/B00BBU4L80>

* IC-meter: <http://www.ic-meter.com/>

* CubeSensors: <http://cubesensors.com/>

* Fitness trackers

- <http://www.fitbit.com/>

- <http://withings.com/>

- <https://jawbone.com/up>

- http://www.nike.com/us/en_us/c/nikeplus-fuelband

* Steelcase Gesture Chair (IKKE Leap, som jeg vist fik sagt)

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<http://www.steelcase.eu/en/products/category/seating/office-chairs/gesture/pages/overview.aspx>

* Day One journaling app (iOS/Mac): <http://dayoneapp.com/>

* Moves app (iOS/Android): <http://www.moves-app.com/>

* Mindfulness App (iOS): <https://itunes.apple.com/us/app/the-mindfulness-app/id417071430>

* Artikel om online tools, der kan hjælpe dig med at fokusere bedre:

<http://99u.com/articles/6969/10-online-tools-for-better-attention-focus>

* Tim Ferriss' hjemmeside: <http://www.fourhourworkweek.com/blog/>

* Monkey Mind: http://en.wikipedia.org/wiki/Mind_monkey

* Pomodoro app (Mac): <http://pomodoro.ugolandini.com/>

* To-do lister:

- Swipes: <http://swipesapp.com/>
- Things (iOS/Mac): <https://culturedcode.com/>

Find Rocket Cast her:

Rocket Cast på iTunes: <https://itunes.apple.com/dk/podcast/rocket-cast/id655697603?mt=2>

På web: <http://rocketcast.dk/>

På Facebook: <http://www.facebook.com/RocketCast>

På Twitter: <http://twitter.com/rocketcast>

Feed: <http://feeds.feedburner.com/rocketcast>