

---

# PRESS RELEASE

Thriveport, LLC releases **MoodKit™** for iPhone/iPod touch

*Mood Improvement Toolkit Now Available in Apple's App Store*

**Los Angeles, May 26, 2011:** Thriveport, LLC announces that their first mobile application, MoodKit, is now available for the iPhone and iPod touch. Developed by two clinical psychologists, MoodKit is a one-of-a-kind app with four integrated mood improvement tools: Activities, Thought Checker, Mood Tracker, and Journal.

MoodKit's innovative tools help users engage in mood-enhancing activities, identify and change unhealthy thinking, rate and chart mood across time, and create journal entries using custom templates designed to promote wellbeing, all at their fingertips.

"This is unlike anything else available right now," said Dr. Edrick Dorian, co-developer of MoodKit. "We've combined four core tools of psychotherapy into one app, while maintaining a user-friendly interface that anyone can use."

MoodKit provides an abundance of helpful content. For example, the Activities tool alone contains over 150 suggestions that reflect different types of "natural antidepressant" behaviors. These activities are designed to help users experience more pleasure and fun, increase their sense of accomplishment, enhance their relationships with others, find new ways to become more active, and improve their diet, sleep and general self-care.

"We believe that this represents a significant advancement in terms of being a self-help resource that is scientifically grounded while also embracing cutting-edge mobile technology," said Dr. Drew Erhardt, a Professor of Psychology at Pepperdine University and co-developer of MoodKit. "It has great potential to be useful, both in and outside the context of professional therapy, to people interested in improving their mood and sense of well-being."

MoodKit is now available for \$4.99 in the U.S. and is priced accordingly in other regions. MoodKit is available world-wide from Apple's App Store for iPhone and iPod touch, or by visiting: <http://www.thriveport.com>

Thriveport, LLC, was formed in 2010 by clinical psychologists Dr. Edrick Dorian and Dr. Drew Erhardt for the purpose of creating helpful, intuitive, and scientifically-sound tools to help improve people's lives.

If you would like further information on MoodKit or Thriveport, LLC, or you would like to schedule an interview, please contact:

Edrick Dorian, Co-Founder, Thriveport, LLC

Phone: (818) 430-4430

E-mail: [info@thriveport.com](mailto:info@thriveport.com)