



## Top AI Tools for Work + Life with Gau Kurman (CMO, SupaHumanAI)

The best way to understand AI is to use it. Try a few tools, see what actually saves you time or sparks ideas, and build your own “perfect AI tool stack.”

### AI Assistants & Knowledge Work

Tools that help you think, write, and strategise faster.

- [ChatGPT Voice Mode](#) — Conversational AI assistant with voice + visual input.
- [Claude Projects](#) — Structured AI workspace for long-form writing and collaboration.
- [Google Gemini \(Nano / Banana\)](#) — Google's AI for research and creative ideation.
- [Notion AI](#) — Writing, planning, and automation inside Notion.
- [Airtop](#) — Multi-agent workspace that coordinates tasks across tools.
- [Zite](#) — Unified workspace blending chat, docs, and tasks.
- [Relevance AI](#) — Build custom AI workflows and intelligent agents.

### Automation & Workflow Builders

Connect your apps, automate repetitive tasks, and streamline processes.

- [Zapier](#) — No-code automations between your apps.
- [Make.com \(Integromat\)](#) — Visual builder for multi-step workflows.
- [n8n](#) — Open-source automation for flexible integrations.
- [Relay.app](#) — Collaborative AI-driven workflows.
- [Gumloop](#) — Visual automations for web and data tasks.
- [Manus](#) — AI writing and productivity assistant.

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## Voice, Audio & Interaction

Enhance how you speak, record, and create.

- [Wispr Flow](#) — Instant voice capture, transcription, and summaries.
- [ElevenLabs](#) — Ultra-realistic voice generation and cloning.
- [Mindsera](#) — AI-powered mindset and journaling.

## CRM, Relationship & Intelligence

AI-powered platforms for managing contacts, clients, and insights.

- [Attio](#) — Modern CRM for relationships and pipelines.
- [Clay](#) — Personal CRM that automates insights and outreach.
- [Circleback](#) — Meeting transcription and follow-ups.
- [Cassidy.ai](#) — AI sales and customer engagement assistant.

## Gau's Personal Obsessions

- [Flow \(Wispr Flow\)](#) — Voice-to-text that turns speech into polished writing.
- [NotebookLM](#) — Research partner that analyses and explains your sources.
- [Notion AI](#) — Intelligent workspace for planning and documentation.
- [Perplexity](#) — Sourced search + research assistant.
- [Fireflies](#) — AI meeting assistant for transcription and summaries.
- [Opus Pro](#) — Converts long videos/podcasts into short, shareable clips.