

THE HANDS FREE MAMA



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Rachel's lessons are like ripples in the ocean as they help others like me move towards choosing love and coming as we are. Rachel works wonders by helping others work wonders. A Hands Free Mama in progress
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Hands Free Mama A Guide to Putting Down the Phone

As a long time reader of the Hands Free Mama blog, I had high expectations for the book. I devoured the first fifty pages, eager to see how the blogs would be expanded into a fuller, more comprehensive look at living more in the present and less in electronics, the past or the future. After about fifty pages, this became a harder read for me.

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"Hands Free Mama Letting Go." "What one mom learned about herself might just change your world. I very much so needed to read this! Only love today." "The Bully Too Close to Home (in my opinion, every mom should read as a reminder) #handsfreemama" See more

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Hands Free Mama The Mamahood Blog

Hands Free Mama (@handsfreemama) March 4, 2015 at 2:33 am. WOW! I am so touched by your beautiful piece about my book! Thank you for sharing the progress it has helped you make (and in such an authentic, honest way). I cannot thank you enough for this support!

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Hands Free Pledge Letterpress Print Hands Free Mama

Hands Free Pledge Letterpress Print (Frame Not Included): Display your vow to live Hands Free with this one-of-a-kind print based on the Hands Free Pledge written by Rachel when she began her journey. Artwork is a custom hand-lettered design and is letterpressed in a beautiful gray ink that will compliment any room of the house.

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The Hands Free Revolution Home Facebook

Right now, you have no idea what you are a part of but I hope you will take a few minutes to understand and see for yourself. This is something that can be carried with you for the remaining days of 2018. May it bring you

inexplicable peace. This is my latest and last post of 2018. Thank you for being part of The Hands Free Revolution. You give me hope.

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Hands Free Mama A Guide to Putting Down the Phone

Rachel Macy Stafford is the New York Times bestselling author of Hands Free Mama and Hands Free Life. Her third book, Only Love Today, releases on March 7, 2017. Rachel is a certified special education teacher who helps people overcome distraction and perfection to live better and love more.

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The Hands Free Mama b metro com

Hands Free Mama shares her stories and gives people practical ways to live a hands-free life. Stafford says she understands that people can't abandon their responsibilities, but she does teach them ways to deal with them at designated times.

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