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Do List And Letting Go Of Perfection Grasp What Really Matters
Rachel Macy Stafford***

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Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! [Rachel Macy Stafford] on Amazon.com. *FREE* shipping on qualifying offers. "Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post

Hands Free Mama: A Guide to Putting Down the Phone ...

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

Hands Free Mama - Letting Go...To Grasp What Really Matters

(3.5 stars) 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.

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Hands Free Mama is the digital society's answer to finding balance in a media-saturated, perfection-obsessed world. It doesn't mean giving up all technology forever. It doesn't mean forgoing our jobs and responsibilities.

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Hands Free Mama : A Guide to Putting down the Phone ...

Adopting the nine habits of a Hands Free Life is a deeper, more enduring process than simply putting down the phone, burning the to-do list, and letting go of perfection as outlined in Hands Free Mama. Living a Hands Free Life means knowing you're on your true path toward personal

fulfillment.

Books - Hands Free Mama

Book Summary. In Hands Free Mama popular blogger and writer, Rachel Stafford, provides a step-by-step guide to transforming a distracted parenting life into one of meaningful connection and fulfillment by learning to grasp and appreciate the moments that really matter.

Hands Free Mama - harpercollinschristian.com

"Being responsible for someone's childhood is a big deal. We not only create our own memories, but we create our child's memories." — Rachel Macy Stafford, Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

Hands Free Mama Quotes by Rachel Macy Stafford

"Rachel Macy Stafford's post "The Day I Stopped Saying Hurry Up" was a true phenomenon on The Huffington Post, igniting countless conversations online and off about freeing ourselves from the vicious cycle of keeping up with our overstuffed agendas. Hands Free Mama has the power to keep that conversation going and remi

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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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Hands Free Mama is the digital society's answer to finding balance in a media-saturated, perfection-obsessed world. It doesn't mean giving up all technology forever. It doesn't mean forgoing our jobs and responsibilities.

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