



# **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*

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“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 remind us that we must not let our lives pass us by.”

--**Arianna Huffington**, Chair, President, and Editor-in-Chief of the Huffington Post Media Group, nationally syndicated columnist, and author of thirteen books

<http://www.huffingtonpost.com/>

### **DISCOVER THE POWER, JOY, AND LOVE of Living “Hands Free”**

If technology is the new addiction, then multi-tasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it’s no wonder we’re distracted.

*But this isn’t the way it has to be.*

In July 2010, special education teacher and mother Rachel Macy Stafford decided enough was enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. She started a blog to chronicle her endeavors and soon saw how both external and internal distractions had been sabotaging her happiness and preventing her from bonding with the people she loves most.

*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. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. It means looking our loved ones in the eye and giving them the gift of our undivided attention, leaving the laundry till later to dance with our kids in the rain, and living a present, authentic, and intentional life despite a world full of distractions.

So join Rachel and go hands-free. Discover what happens when you choose to open your heart?and your hands?to the possibilities of each God-given moment.



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#### **Hilda Baker:**

The book 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! can give more knowledge and also the precise product information about everything you want. So why must we leave the good thing like a book 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!? A number of you have a different opinion about publication. But one aim in which book can give many data for us. It is absolutely right. Right now, try to closer together with your book. Knowledge or information that you take for that, you are able to give for each other; you are able to share all of these. Book 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! has simple shape however you know: it has great and large function for you. You can appear the enormous world by open up and read a book. So it is very wonderful.

#### **Rocio Linville:**

The book 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! has a lot info on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. This articles author makes some research prior to write this book. This specific book very easy to read you will get the point easily after perusing this book.

#### **Jodie Jennings:**

In this particular era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become among it? It is just simple strategy to have that. What you need to do is just spending your time little but quite enough to experience a look at some books. One of the books in the top listing in your reading list is usually 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!. This book which is qualified as The Hungry Hillsides can get you closer in turning into precious person. By looking up and review this publication you can get many advantages.

#### **John Coffin:**

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