



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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From reader reviews:

Irene Vaughan:

The ability that you get from 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! is a more deep you rooting the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to understand but 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! giving you joy feeling of reading. The article author conveys their point in selected way that can be understood by anyone who read it because the author of this book is well-known enough. This particular book also makes your vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this specific 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! instantly.

Raymond Custer:

A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read any book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a reserve. 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! it is quite good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the particular e-book. You can m0ore easily to read this book from the smart phone. The price is not too costly but this book possesses high quality.

Randy Johnson:

This 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! is fresh way for you who has fascination to look for some information mainly because it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know otherwise you who still having bit of digest in reading this 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 be the light food for you personally because the information inside this book is easy to get by means of anyone. These books create itself in the form and that is reachable by anyone, yep I mean in the e-book application form. People who think that in reserve form make them feel drowsy even dizzy this publication is the answer. So you cannot find any in reading a book especially this one. You can find what you are looking for. It should be here for you. So , don't miss that! Just read this e-book style for your better life as well as knowledge.

Russell Wade:

That book can make you to feel relax. That 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! was multi-colored and of course has pictures on there. As we know that 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 many kinds or category. Start from kids until teens. For example Naruto or Investigation company Conan you can read and believe you are the character on there. Therefore not at all of book are usually make you bored, any it makes you feel happy, fun and chill out. Try to choose the best book for you and try to like reading that will.

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