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!



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

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Oasis Audio, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 175 x 142 mm. Language: English . Brand New. Discover the power, joy, and love of living Hands Free In 2010, special education teacher and mother Rachel Macy Stafford decided enough was enough. Tired of losing track of what matters most, Rachel began practicing simple strategies that enabled her to 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 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 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 each God-given moment.

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