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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!: A Guide to Putting Down the Phone Burning the

By Rachel Macy Stafford

Turtleback Books, United States, 2014. Hardback. Book Condition: New. Turtleback School Library ed.. 211 x 142 mm. Language: English . Brand New Book. 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 // 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...


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Reviews

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-- Prof. Hilma Robel

Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book.

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