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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!



Synopsis

“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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Customer Reviews

“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 --This text refers to the Audio CD edition.

Rachel Macy Stafford is a New York Times bestselling author and a certified special education teacher with a Master’s Degree in education. A few years ago, this life-long writer felt compelled to share her journey to let go of distraction and grasp what really matters by creating what became the tremendously popular blog ‘Hands Free Mama.’ Using her skills as a writer, teacher, and encourager, Rachel provides readers with simple, non-intimidating, and motivating methods to let go of distraction and connect with their loved ones. Rachel lives in South with her husband and two children who inspire her daily. www.handsfreemama.com

I really like this blogger and was sure I’d like her book so I pre-ordered it. I still thank her immensely for her contributions, but I didn’t like this book as much as I thought I would. Page after page reminded me to be present to my children, without any concrete suggestions on making time for other things that also make my life meaningful (other friends, outside hobbies, a fulfilling career). Also, a lot of the message seemed aimed at parents of school age children (example-do your phone/computer work when your kids are in school and turn these things off when your kids are home). Perhaps I was in a cantankerous mood when I read it, after a 14 hour shift of solo childcare

for a four and one year old, but the message of "treasure every moment" didn't sit well with me. While it is a helpful reminder that these years go quickly, I was hoping for a little more balanced message about being a devoted mom AND a person with important outside interests/work, as I know the author is. Wish she's shared a little more of that. Just how did you write a book, get 7-8 hours of sleep a night, and not ignore your kids in the meantime!?!

Words to live by. I follow the blog and it is such an inspiration. I find myself very aware of the behaviors that I want to change and it helps me disconnect and focus. Sometimes it is unrealistic to be able to not complete something that needs to be done to fully engage in a moment with a loved one. Those are the situations I struggle with. Overall, moving in the right direction. Just realizing how screen addicted we all are is a revelation in itself. Love the book and the blog.

Changed the way I live daily. Putting the phone away, being present, and realizing what is important... that leads to happier life!

I am loving this. As a mom to 4 kids, two of them tweens- I need this book. Quite literally, I am studying it to use her techniques of living "hands free"- I usually check books out at the library, but this is one to own, and go through like a reference resource. I highly recommend it for any parent of tweenagers, or those on the verge!

I am so distracted and I know that it will be a constant battle for me through my life. I needed this book and I need it still. I can't wait to question, pray and see moments that I would have missed. I will strive for Hands Free, because I know that right now I am missing "it!" i also need to set an example for my boys who watch and learn so much about how to live from me! It's terrifying and daunting to be their standard of living and I am failing miserably. I am ashamed at the amount of time wasted and moments lost that I can never retrieve. But I won't live in that shame, I will use it as fuel to do better and live better. Thank you for the swift kick in the head... I needed it.

Rachel's blog is the most thought provoking, inspiring, and life changing piece of work that I have had the privilege to read. I have been waiting for this release date so that I could get my hands on her book and devour every word. I know it will help me on my path to change my ways and make a better life for myself and my family. Thank you Rachel for your words. I hope you always know how important they are to so many of your readers. xoxoxo (BUY THE BOOK!!!!)

This book has been very helpful to me, as a grandmother, mother, wife and friend. It reminds me to treasure my relationships with those I love. I love having this book, holding it in my hands, underlining and starring passages to reread and study. I have also followed this author's blog and find both are an inspiration for me. When things are not going well and I am getting impatient I think of passages in this book that encourage me to pause and treasure my blessings. The book helps me to focus on the here and now, instead thinking 10 steps ahead of this moment. I have rediscovered how spending a few minutes listening carefully pays dividends in all my relationships. I highly recommend this book.

It was my first experience of an audible book and there was no better way than with the inspiring words of Rachel Stafford. So many examples and reflections resonates with me. A must read for any parent wanting to begin their journey to emotionally connect with their child and their world in general. I will definitely be recommending it to the parents who come to my practice Happy Confident Me - Counselling & Workshops.

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