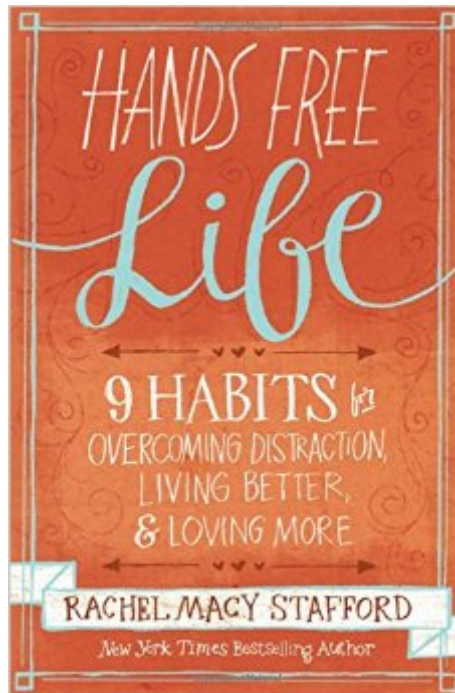


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# Hands Free Life: Nine Habits For Overcoming Distraction, Living Better, And Loving More



## Synopsis

We all yearn to look back to find we lived a life of significance. But is it even possible anymore? Considering the amount of distraction and pressure that exists in society today, living a fulfilling life may seem like an unachievable dream. But it is not—  
not with the nine habits outlined in this book. New York Times bestselling author and widely known blogger, Rachel Macy Stafford, reveals nine habits that help you focus on investing in the most significant parts of your life. As your hands, heart, and eyes become open, you will experience a new sense of urgency—an urgency to live, love, dream, connect, create, forgive, and flourish despite the distractions of our culture. By following each daily Hands Free Declaration, you will be inspired to adopt mindful daily practices and new thought-processes that will help you:

- Make meaningful, lasting human connections despite the busyness of everyday life.
- Live in the now despite that inner nudge pushing you out of the moment toward perfection and productivity.
- Protect your most sacred relationships, as well as your values, beliefs, health, and happiness, despite the latent dangers of technology and social media.
- Pursue the passions of your heart without sacrificing your job or your daily responsibilities.
- Evaluate your daily choices to insure you are investing in a life that matters to you.

With a Hands Free Life perspective, you will have the power to look back and see you didn't just manage life, you actually lived it—and lived it well.

## Book Information

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## Customer Reviews

I looked around at the dusty counter tops, the rugs that needed vacuuming, the dishes yet to be put away. I was on the edge of tears, chastising myself for letting things get so out of control. The temptation to shove everything back and look away from the piles called to me like a sweet love song. But I was tired of the mountains of things around me, fatigued from always running from one duty to the next, exhausted from doing everything but what I felt in my heart was the most important thing; to enjoy my life. My days were frenetic activity, the hours growing shorter and the years left with my children at home flying past me so fast I couldn't keep up with tearing the months' pages off the calendar. I wanted to get off this highway. I wanted the side road—the one with the surprise of a fruit stand or a long forgotten picnic table spotted off in the shade of a Weeping Willow. But things felt too deep for me to even think I had a chance at a new life for us. In 2012, I discovered Rachel Macy Stafford online from a friend's suggestion. Her blog, Hands Free Revolution, has held my hand ever since. Rachel reminds me that no matter how overwhelmed I feel today, I can bring myself peace with rest, direction, and a new chance tomorrow. I can make mistakes and start over. I can learn to love more and I will start with myself. This is why today, I am celebrating the release of Rachel Macy Stafford's book, Hand Free Life. It's for anyone who has gone to bed at night, feeling the weight of failure. It's for all of us who begin our day already feeling defeated. If you are the way I am, then you know what I mean when I say that disappointment in ourselves hurts far more than from anyone else.

I just finished Rachel's second book, Hands Free Life. As I read it, each chapter dedicated to forming habits to overcoming distraction, living better and loving more, I was struck by one theme: embracing imperfection. Each section—• Fill the Spaces, • Surrender Control, • Build a Foundation, • Take the Pressure Off, • See What Is Good, • Give What Matters, • Establish Boundaries, • Leave a Legacy and Change Someone's Story—tells of a lesson Rachel learned by making mistakes, learning from them and paying attention. Just like the rest of us, Rachel isn't a perfect mother or wife. She writes from her heart, because she was once in a dark time when she was so clearly distracted and overcommitted that her husband finally said to her in a whisper, "You're never happy anymore." Rachel is not just talking in her books. She walks the talk. She wants people everywhere to know that they don't have to continue being distracted or unhappy; they can stop and listen and make a change for themselves and for the people around them. She's not just talking putting down smartphones and stepping away from technology regularly, she's also talking about getting out of our own heads to stop striving to be perfect. It's about letting yourself be yourself, and letting others be authentic and

real too. What I love about Hands Free Life is that it embraces kindness and empathy, both toward others and yourself. I could pick up this book any day of the week and find a section that will make me feel there is something I can do to make my life better simply by slowing down and listening. Rachelâ€™s sweet nature shines through, and the advice she gave me about my own doubts is something she believes herself.

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