

Hands Free Life: Nine Habits for Overcoming Distraction, Living Better, and Loving More



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 best-selling 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 didnt just manage life; you actually lived it - and lived it well.

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With a refreshing focus on less pressure, more love, Hands Free Life beckons us to a life that **Books - Hands Free Mama** Hands Free Life: Nine Habits for Overcoming Distraction, Living Better, and Loving More - unabridged audio book on CD (9781491598153) by Rachel Macy **Hands Free Life Audiobook** The Paperback of the Hands Free Life: Nine Habits for Overcoming Distraction, Living Better, and Loving More by Rachel Macy Stafford at Barnes & Noble. **Hands Free Life - Zondervan Hands Free Life: Nine Habits for Overcoming Distraction, Living** Hands Free Life: Nine Habits for Overcoming Distraction, Living Better, and Loving More eBook: Rachel Macy Stafford: : Kindle-Shop. **Hands Free Life: Nine Habits for Overcoming Distraction, Living** The steps I outlined in Hands Free Mama to become less distracted were truly just Adopting the nine habits of a Hands Free Life is a deeper, more enduring process People are hungry for simple ways to live better and love more because **Hands Free Life: Nine Habits for Overcoming Distraction, Living** The NOOK Book (eBook) of the Hands Free Life: Nine Habits for Overcoming Distraction, Living Better, and Loving More by Rachel Macy **Hands Free Life: Nine Habits for Overcoming Distraction, Living** **Hands Free Life : Nine Habits for Overcoming Distraction, Living** Hands Free Life and over one million other books are available for Amazon Kindle. 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