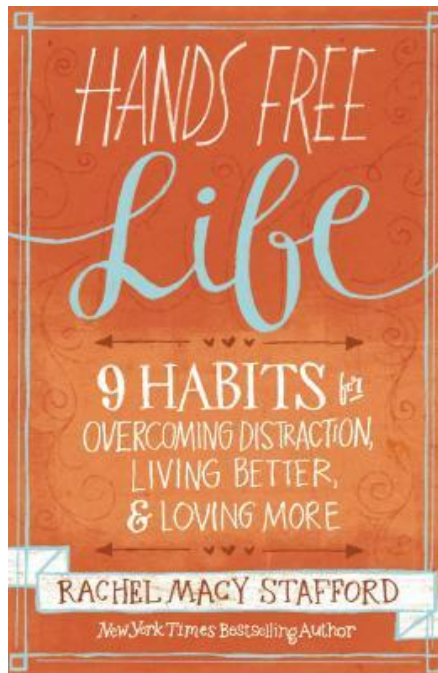




Hands Free Life: 9 Habits for Overcoming Distraction, Living Better, and Loving More

Rachel Macy Stafford

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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.

Hands Free Life: 9 Habits for Overcoming Distraction, Living Better, and Loving More Details

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Better, and Loving More Rachel Macy Stafford**

From Reader Review Hands Free Life: 9 Habits for Overcoming Distraction, Living Better, and Loving More for online ebook

Katrina Willis says

In Hands Free Life, Rachel describes her daughter, Avery, as “The Noticer” and tells poignant tales of how Avery reminds her to stop and really see the beauty of the world. Like Rachel’s violin-playing days, that lesson might have needed a little dusting off, but I truly believe that seeing — really seeing — is Rachel’s most profound gift.

She sees lessons in the every day, she sees stories in unspoken words, she sees beauty in the broken. And not only does she see it, but with the power of her words, she helps the rest of us see it, too -- no matter what stage of life we're currently experiencing. Sometimes the lessons are hard to look at, sometimes they're not what we hoped they might be, but she illuminates them for us with grace and kindness and empathy.

She is the living, breathing embodiment of her own Habit 9: Change Someone’s Story. If you’ve read many of Rachel’s words, I imagine you can’t help but agree... because she’s most likely changed parts of your story as well. As she defines her own personal Hands Free journey, she's simultaneously engaging the rest of us in a new and refreshing conversation around embracing what matters most in life.

Emma Sea says

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Kitty says

My biggest problem with this book, is business leading title and description. The book is really all about not leading a distracting life with your children. The focus is entirely on her personal experiences with raising her children, and trying to live in the moment. There isn't any concrete action plan either, just a long set of stories with her internal monologue encouraging you to not be distracted in your life while your children are growing up.

Maria says

I was the weary mom at the beginning of this book. I was the one who remembered a joyful spirit-filled reputation that I use to have. But I had lost it somewhere along the way. This book not only spoke truth into my weary bones but gave me breath again to try each moment. I flew through it and know I’ll come back to it in another year or so. Meanwhile, I plan to write the nine habits down all over my house until they become natural to me. Just today I know I found several more moments of joy than if I hadn’t read this. Thank you a million times over. You saved another starfish again Rachel.

Bill Peebles says

Rachel Macy Stafford has written another important book here. With practical advice and tool after tool to help you drag your eyes up from the device in front of you and out and into the eyes of those that truly matter - kids, spouses, clerks, teachers, garbage men - this book will help you through that difficult but transforming process. It shows you what actions you can take, not just principles and jargon, but real, implementable tasks that can help you change your life.

But that's not what I want to tell you about her book. No... Rachel is a poet and a storyteller. She is empathetic and so very loving. Her stories will stay with you because of their detail and honesty. She pauses often in these stories and her prose passes to poetry with a meter and tone that is simply unforgettable. Hands Free Life can, and will, help you overcome distraction in this crazy digital world, but, more-so, it can illuminate a life of "living better and loving more," mostly because you know the lovely author does. Sometimes books shimmer and this one does, because Rachel does. It is a hug from an encouraging and loving friend.

Ann says

I love Rachel Macy Stafford. She speaks her truth in a compassionate way, I always feel inspired and supported, not judged. All our lives would be better with a little more of her heart and habits in them. I like that she highlights small habits that anyone can integrate into a busy life. "Hands Free Mama" and "Hands Free Life" might be all anyone is getting from me for Christmas.

Don Blackwell says

Every now and then a Knowing Heart appears on the literary landscape - someone with a life-altering and life-affirming message borne of their own mistakes and missteps, who has the courage to lay their soul bare gracefully, honestly and insightfully, so that others might have the freedom and be inspired to lay down their own shame and guilt and pick up hope instead. Racy Macy Stafford is one of those rare individuals and, thankfully, she's at it again in her new book, "Hands Free Life – 9 Habits for Overcoming Distraction, Living Better & Loving More". Candidly, it couldn't possibly have come at a better time. On some level, I think all of us recognize the many distractions that are such an integral part of our daily personal, family and work lives. What is far less obvious, however, is the impact our "distractedness" is having on us and on those we love, let alone how to disconnect in ways that will make room in our hearts and in our lives for the people and experiences that matter most. Who better to hold our hand on that journey than someone who has "been there, done that" and developed thoughtful and thought-provoking strategies for embracing a more Hands Free Life? Best of all, Rachel's "habits" are practical and accessible. I can't recommend this engaging book any more fervently, especially to moms AND DADS. It's simply the greatest gift you may ever give yourself - and your children.

Cate Calhoun says

I read 100 pages and skimmed through the last 100. Life is too short to read books you don't like.

Dana says

I loved this book. I feel like it's one of those rare gems in the self-help(ish) genre that is not only beautifully written, but full of practical life changing advice that readers can incorporate into their lives immediately. I know that's how it worked for me.

Every day I'd wake up and read a little with my morning coffee, for as long as life would allow, and I felt the words sinking into my mind, and shifting the way I had seen things previously. There is so much wisdom in her habits and practices, and it only takes a conscious decision on the part of the reader to shift away from distraction and into the heart of presence. I am so grateful to Rachel Macy Stafford for putting into words what was worrying my heart, and giving me a way to help me find my way back to what really matters.

Jennifer says

Ask anyone today how they are, and the answer you're most likely to get is "busy". This is especially true for mothers with children still at home – the target audience for Rachel Macy Stafford's new book, "Hands Free Life". Stafford is another in a long line of authors with a "stop and smell the roses" message as an antidote to today's harried pace of life.

Stafford is the writer of a popular blog, Hands Free Mama. She's a good writer, and her message resonates with this busy mom. As someone who has read both the blog and the book, I think her blog is a better vehicle for her message. Her delivery is better in shorter, anecdotal blocks. The book, while genuine, is long on platitudes and short on practical advice. It tells us what we all inherently know, without offering any "Aha!" lightbulb moments.

2.5 stars rounded up to 3.

Thank you to NetGalley and Zondervan for a galley of this book in exchange for an honest review.

scc101 says

As a happily single, atheist, and child-free woman, I am not the target demographic for this book. There may have been valuable concepts in the book that were applicable to a wider audience, but the presentation didn't leave room for others with experiences that were different than the author's.

Gabby says

I have been following this author for awhile on Facebook and have really found a lot of her posts have resonated with me. So, I finally decided to pick up one of her books. I'm so glad I did!

This book is filled with wonderful nuggets of wisdom regarding living a hands-free life, being in the moment and noticing things around oneself.

I feel a little sad at some of the bad reviews that focused on the fact that this author came across a lot of her epiphanies through her children and implied that if one doesn't personally have children you have nothing to learn from this book. Not true!

I don't have children and found a lot of the truths mentioned in this book are things that I could see lacking in my life and ways to improve them. While her experiences and stories focused mainly on her children, she did talk about other people.

I saw past the specifics of her children and thought about how I could improve things in my life, with family, coworkers, and friends. It's about learning to step away from ourselves and focus on the world around us.

And the author does give exercises to achieve the 9 items she sets out in the subtitle of the book.

This book gave me a lot to think about and really touched me. It showed me how I could improve by taking even the smallest of actions. And that's how we better ourselves. It's not through the big things we do, but the small changes we make that become habits.

I found myself highlighting quite a few things. However, I borrowed this ebook from the library, which means I need to get this book for myself. It's one I can see referencing often in my life, if I so choose.

Jillian says

I would have enjoyed it more if I had kids, I think. The true subscript on this book should have been "9 lessons I learned from my daughters". Sidenote: also skip the audible program. The reader was overly emotional in her performance.

Kris says

Apparently, without kids I can't live better. The whole book can be summed up with "notice your children every once in awhile".

Aubrey says

The premise of this book, to live a life with less distraction and more love, is something I aspire to, and I was looking forward to some inspiration and tools to get there. However, I was disappointed in this book as it was heavy on poetry and lists of "Today I will..." and light on practical applications. There were a few ideas I appreciated such as creating boundaries around what news and information we allow in, and requiring kindness and respect among siblings.

Overall though, there were many more pages filled with confusing stories: she retells finding a very sweet and positive speech in her daughter's backpack, but instead of crying with joy or pride at her daughter's confidence and spirit (an idea she doesn't mention), she says she wept for all of the little boys and girls and mothers that.... and has a long, tragic list that follows. Her recollections seemed embellished with very little substance, and with a few exceptions the book lacked authenticity or humility. The author makes frequent claims of just making a choice one day and forever being changed. Because of this, I found it hard to connect

with the message.

Thank you to Zondervan and NetGalley for allowing me to read a digital copy of this book.
