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by Rachel Macy Stafford: 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!

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PDF-b6409 | "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,... 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!



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