# THE HANDS FREE MAMA



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I want to make memories, not to-do lists. I want to feel the squeeze of loving arms, not the pressure of overcommitment. I want to get lost in conversation with my favorite people, not consumed in a sea of unimportant emails.

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# The Song of Empty Rooms for Braving Hands Free Mama

Don t hold on to a song. That s been my motto since I was a ten-year-old-mixed-tape-making, boom-box-loving freckle-faced girl. I spent endless hours in my lemon-yellow room with green carpet, making mixed tapes for people I love.

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#### Hands Free Mama The Mamahood Blog

You guys. (I feel like I always start my posts this way when I have something good to share with you!) Remember that beautiful post that floated all over the internet called The Day I Stopped Saying Hurry Up ? http://ebookslibrary.club/Hands-Free-Mama-The-Mamahood-Blog.pdf

#### Hands Free Mama handsfreemama Twitter

The latest Tweets from Hands Free Mama (@handsfreemama). New York Times Bestselling Author & Certified Special Education Teacher, Rachel Macy Stafford #onlylovetoday

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# Hands Free Mama handsfreerevolution Instagram photos

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# The Hands Free Revolution Home Facebook

The Hands Free Revolution Yesterday at 6:41 AM A friend reached out to me after a family member told her she looked like she needed to increase her exercise.

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# Hands Free Mama A Guide to Putting Down the Phone

Hands Free Mama has the power to keep that conversation going and remind us that we must not let our lives pass us by. --Aria 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.

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# Hands Free Mama A Guide to Putting Down the Phone

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! [Rachel Macy Stafford] on Amazon.com. \*FREE\* shipping on qualifying offers. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post

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