



## Hands Free Life: Nine Habits for Overcoming Distraction, Living Better, and Loving More (Paperback)

By Rachel Macy Stafford

ZONDERVAN, United States, 2015. Paperback. Book Condition: New. 198 x 128 mm. Language: English . Brand New Book. 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,...



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