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# BetterWorldians RADIO



## BetterWorldians Radio Archives Available

**April 30th 2015: Special Encore Presentation: Hands Free Mama**

Are you living your life hands free? This week on BetterWorldians Radio we're discussing simple strategies to live hands free by letting go of meaningless distractions and truly connecting with the ones you love.

Our guest this week is Rachel Macy Stafford, author of the New York Times best-selling book, Hands Free Mama. Rachel will discuss how living hands free changed her life and how she's inspiring others to do the same.

Tune in every week to hear new guests share how they are making the world a better place and to learn how you can become a BetterWorldian!



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## Featured Guest



### Rachel Macy Stafford

Affectionately known as the Hands Free Mama, Rachel Macy Stafford is a shining light in the world. She is a New York Times best-selling author of three extraordinary books including "Hands Free Mama" and "Only Love Today". In addition, she is a certified special education teacher who also provides people around the globe with practical and motivating methods to let go of worldly distractions so they can live an authentic and fulfilling life. Since starting her Hands Free Mama blog in 2010, Rachel's work has been featured in USA Today, Time.com, MSN.com, FoxNews.com, and Reader's Digest. And she has appeared on shows including CNN, Good Morning America, The Today Show, and Global News. Rach

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