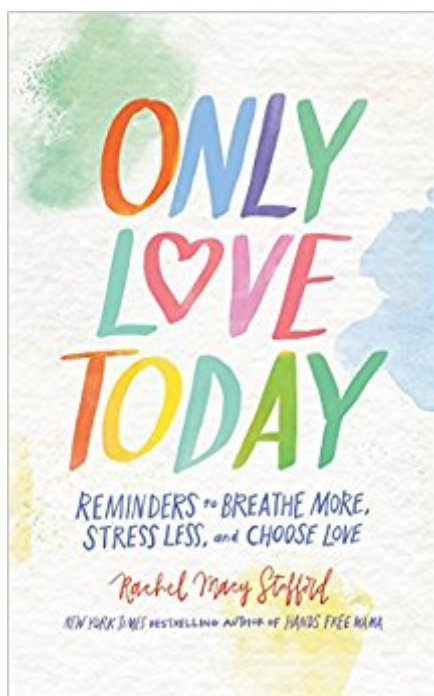




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Only Love Today: Reminders To Breathe More, Stress Less, And Choose Love



Synopsis

Only Love Today is the inspirational read from best-selling author of Hands Free Mama, Rachel Macy Stafford. Millions of Stafford's fans from her blog and her books find hope, challenge, and inspiration through her poetic and powerful short pieces on her blog. Only Love Today brings these pieces and many new, original entries together in a beautiful book based around the four seasons. From finding daily surrender in the autumn and daily hope in the winter, to daily bloom and daily spark in the spring and summer, you will always find fresh beautiful words for your day. With a flexible, non-dated structure, Only Love Today is perfect to pick up at any time of the year and find hope and encouragement to address your current challenge or need – family, parenting, relationships, finding peace in a stressed out world. Stafford offers you strength and vision for a new and more connected way to live. This is a timeless book of inspiration to remember and live for what really matters.

Book Information

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Customer Reviews

In these conversational essays, Stafford (Hands Free Mama) urges readers to set aside the world's distractions and put love at the top of their to-do lists. Stafford, who describes herself as a recovering perfectionist, reformed rusher, and multi-tasker, admits this is no easy task. With a voice that is equal measures poetry and best-friend-over-coffee, she draws from her own life as a special education teacher and mother to encourage women to seek out a less stressful, more people-focused way of living. Organized around the seasons, these essays explore topics such as renewal, growth, authenticity, connection, grace, awareness, hope, and introspection. Stafford

brings a voice that is both inspirational and authentic to a topic that can often take a lifetime to get the hang of. Broken into easy-to-read chunks, this book meets today's busy moms where they live. (Publishers Weekly) Stafford (Hands Free Mama, Hands Free Life) presents a self-disclosing inspirational text that will stop her readers dead in their tracks (which is her intent). She offers minuscule glimpses of beautiful discovery for those who linger long enough in the moment to see them. The author shares the terrifying seasons of her recent physical ailments and subsequent surgeries to illustrate how God can work in even these painful elements. Stafford's work here is almost an ode to her daughters' unique and winsome personalities. She presents these devotions in an easy-to-digest (sometimes poetic) style that moms of every age will relate and benefit from immensely. Only Love Today is the gift book to give yourself and order several more for the moms in your life who are fresh out of perspective and overfull of self loathing and self-condemnation. Stafford's ability to cut through the "yuck" and to the "yes!" of life is a rare skill indeed. (Christian MARKET) --This text refers to the Hardcover edition.

Rachel Macy Stafford is the New York Times bestselling author of Hands Free Mama and Hands Free Life. Her third book, Only Love Today, releases on March 7, 2017. Rachel is a certified special education teacher who helps people overcome distraction and perfection to live better and love more. Rachel's work has been featured on CNN, Good Morning America, The Today Show, Global News, TIME.com, and FoxNews.com. Rachel loves taking long walks, baking, and volunteering with homeless cats and nursing home residents. Rachel lives in the South with her husband and two daughters who inspire her daily.

As some of my life choices and experiences make me more qualified to recommend a decent bailbondsman than to dispense advice on parenting/spirituality/how to live one's life, I'm prone to shy away from being really open about books that really have impacted my heart. THAT BEING SAID.....I've been curling up with this gem and have read it twice already and you need a copy. Or five. Rachel wooed me with "Hands Free Mama" but this one is my new love. Who couldn't use some reminders that it's probably going to be ok and that we are not the grand total of all of our failures? So me? I'm going to Only Love Today. And probably tomorrow too. Some of my favorite parts from this beautiful book: "If I were to delete my most regretful experiences, I wouldn't be here, on this particular page, in the story of my life.....If I deleted all the poor choices, the pitfalls, and the wrong turns of my life, my story would not be what it is today; I would not be who I am. But here's the best part: despite the marred pages of my past, today is a blank page lined with yesterday's

wisdoms and braveries that came from falling down and getting back up. My story is not pretty; it's flawed, but it's real, and it's still going." "Hope renews. Self-compassion heals. Forgiveness frees. Today is a blank page. I will hold on to the hope that with each page, my story only gets better." In this book, you'll find the beautiful self-compassion and hope that our world could certainly use more of today.

The perfect book to reach the hurting, encourage the doubtful and build others up. Rachel's words go to the heart of life and she gently encourages us all to love more, every day. This book is a game changer - everyone should have it!

I did not receive any free product in exchange for a review. I very rarely say that a book is actually life changing. Rachel's books *Hands Free Mama* and *Hands Free Life* started me down a path of love and forgiveness. The person I was forgiving was myself, the way I treated my own self, my kids, my friends...the distractions of life that I gave top priority to were not the things that matter. I heard my own children speaking in the same sarcastic ways as they heard from me. I saw them not listening when I asked them to do something because I never did anything that they asked. They had already defined that "just a minute" meant a mommy-minute which they had resigned themselves to understanding meant it would probably never happen. *Only Love Today* was even more full of simple habits to change...small things that literally only take a minute. The format of this book is such that in a snippet of time, you can find one hopeful sentence to lift your day and start along the path of change. Change does not happen instantly, but it is infinitely more easy when it's one tiny thing at a time. I have recommended this book to so many people, I cannot stop talking about it. My 8 and 10 year old daughters are reading pieces of it...and while I always think they need help with their behaviors *wink* I know that actually I am becoming accountable to them for my life choices. My choices will shape their lives and when I begin to make a bad choice, I will stop now and think for a moment before acting or speaking. Highly recommended!

I'm a mom of four-year-old twins, whom I love with all of my heart, and like all moms, I wonder how I'm supposed to handle constant change, craziness, and busyness. These are areas in my life I need work on so I'm always looking for books to help me. I love to read and have been buying more Christian inspiration books lately because they are often just what I need to read at that moment in time. I can't recall how I learned about *Only Love Today* by Rachel Macy Stafford (most likely, a recommendation based on some of my recent purchases) and I was very interested in it so I

ordered the hardcover copy right away. Only Love Today: Reminders to Breathe More, Stress Less, and Choose Love is the Rachel Macy Stafford's third book and it's one that I use every day. Every. Single. Day. It's 324 pages long and is divided up into four sections, or rather, the seasons of Spring, Summer, Fall and Winter. The messages and themes within each season also relate to the actual seasons themselves. The seasons and themes are:- Spring: Opening Up (Renewal, New Habits, and Growth)- Summer: Shining Through (Authenticity, Connection, and Acceptance)- Fall: Wrapping In (Gratitude, Grace, and Awareness)- Winter: Holding On (Hope, Encouragement, and Introspection) There is also a conclusion and epilogue. Each season contains approximately 80 pages of devotions and each devotion is one or two pages long. I'd say they won't take much longer than three minutes each to read so you can read at least one while you are enjoying your morning coffee, lunch break, or a few minutes of peace and quiet after the kids go to bed. Each devotion has a title listed as to the theme it will talk about (e.g. New Habits or Grace), followed by a short inspirational thought. The bulk of the particular devotion sometimes tells an anecdote from the author's life and what she learned from it. It often contains a lot of beautiful, positive thoughts about how you might have felt at one moment and some encouraging words to help pick you up. The devotions end with a daily reminder that summarizes that devotion's message. This isn't a daily devotion book so it's something you can use as needed, every day, several times a day, or however often you want to use it. Personally, I love having this kind of flexibility because I already have daily devotionals and love the freedom I feel with owning this one. The day I received this book, I started reading some of it right away and have been reading a devotion or two every day! I generally read them in order, especially since it's spring and the book starts with spring, but I sometimes randomly open to a page and start reading. I love the messages and inspirations within these devotions. This is a Christian inspiration book so there are references to God and so many real-life messages about staying positive in the midst of this crazy life. I love how the author writes so openly about how she felt during that moment and how she changed her thinking to look at a better way of handling everything. She seems like she could be writing from the point of view of so many of us moms who struggle with a lot of these similar thoughts. I've only had this book for a few weeks and it's already made me stop and think about what's really important! I received it shortly before I went on vacation and didn't bring it with me but wished that I had since I was itching to read it the entire time. I purchased the hardcover which is more expensive but I feel it is worth it to me to spend the extra money because I love the look and feel of this book. You could easily read this on your Kindle device, iPad, or smartphone but personally, I love the hardcover. I often find myself reading it during difficult moments and also during peaceful times, such as after the kids are in bed and we are all

settled down for the night. It really helps me relax and put things into perspective so I can more easily enjoy this crazy life. If you are a Christian woman and a mom, you need this book! I think a lot of the devotions would especially help moms with children at home but I feel there is absolutely no reason why a mom with adult children wouldn't enjoy this as well because everyone needs inspiration at some time. You also never know if a friend or family member may need some positive thoughts and then you could help your own children when they have children. I love this book and highly recommend it to all Christian moms. I'm considering purchasing it for some friends and family members who also have young children because we could all use positive reminders about how important love is to everyone!

This book has changed how I look at my hectic life. I will live for what makes me happy and brings love. The little things are important along with moments and are often overshadowed by to do lists and demands. No more. This book changed me and my perspective.

This book kept coming across my path in reviews and suggestions from others. I finally got and I love it. I bought all 3 books by the author and they are great!

I feel peaceful just reading the reminders of the simple beauties in life. I was taken with the authors style from the moment I read the trailer on Facebook. Highly recommended reading!

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Only Love Today: Reminders to Breathe More, Stress Less, and Choose Love Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms High Trust Selling: Make More Money in Less Time with Less Stress High Trust Selling (Library Edition): Make More Money in Less Time with Less Stress You Are Doing a Freaking Great Job.: And Other Reminders of Your Awesomeness Keep Your Hands To Yourself: 31 Daily Reminders for Domestic Violence Perpetrators Navigating Dimensions: Reminders for Remembering: Awakening & Ascension Guide Book Things We Forget: Little Reminders of What Matters Most Less Mess Less Stress: Minimalist Routines To Declutter Your Environment, Unload Your Mind And Optimize Your Day The 7 Steps to Bar Exam Success: The Strategy Guide for Passing Your Bar Exam with Greater Confidence, in Less Time, and with Less Stress Than the Rest Less Mess Less Stress: Minimalist Techniques to Declutter Your Environment, Unload Your Mind and Optimize Your Day Hydroponics: How anybody can create a fully working hydroponic system in less than a week with only \$100 or less Rx for Stress In a Jar®: Tips for Less Stress in Your Life Magical Swear Word. Adult Coloring Books: Relaxation and Stress

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