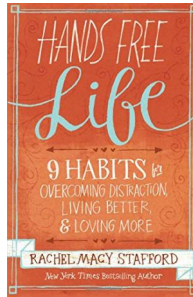


## Hands Free Life: Nine Habits for Overcoming Distraction, Living Better, and Loving More



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