



## Living Restfully: A Skeptic's Guide to Raising Children Screen-Free

By Tamara McLeod Harper

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I know many people who have thought about cutting out screen time from their homes, but while their spirits are willing, too often their flesh proves weak. Screens have become such a crutch that we simply can't imagine life without them. We find ourselves both loving and hating them at the same time. Harper does a superb job of painting us a real-life picture of the freedom experienced and the rest restored by raising a family free from screens. - Joel Brooks, pastor of Redeemer Community Church One of the best gifts that parents can give to their children is a screen-free home. Harper offers her practical wisdom of how to design a restful home that cultivates intellectual, imaginative, and social empowerment for our children, the people of our future. Living Restfully is a must-read for parents. - Tracy Chang, Ph. D., professor of Sociology and Organizational Behavior, Rutgers University Through behavioral research, personal experience, and good common sense, Living Restfully equips parents to thoughtfully navigate raising children in our technological age. Harper makes points about...



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