



# Only Love Today: Reminders to Breathe More, Stress Less, and Choose Love

*Rachel Macy Stafford*

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*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.

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