



More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2)

Sarah Rayner

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From bestselling author Sarah Rayner comes the follow-up to the word-of-mouth success, *Making Friends with Anxiety*. *More Making Friends with Anxiety* is packed with in-depth advice on reducing stress and worry, combined with practical things to make – each of which can be completed in less than two hours – and thereby occupy your hands, calm your mind and help you to relax.

Written with Sarah's trademark warmth and humour, *More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry* explains why some of us are particularly prone to anxiety, and how 'making friends' with our difficult feelings, coupled with gentle creative activity can help. Whether you're a convert to crafts or a complete novice, this array of quick, cheap and easy activities will inspire and uplift you, nurturing mindfulness and positivity.

* Make a Collage * Paint Pebbles * Sew a Simple Cover * Bake a Crumble * Plant a Windowbox * Carve Wood * Make a Necklace * Look at Art * Listen to Music ... and more

* Fully illustrated in full colour with dozens of photographs by the author and clear step-by-step instructions
* Backed by an online support group * Experiment with ten different crafts and find out which you enjoy * Perfect for all ages and abilities - i.e. anyone who wants to be more creative and less stressed

PRAISE FOR *MAKING FRIENDS WITH ANXIETY*:

'Simple, lucid advice on how to accept your anxiety' **Matt Haig, bestselling author of Reasons to Stay Alive**

'Reads like chatting with an old friend; one with wit, wisdom and experience' **Laura Lockington, Brighton and Hove Independent**

PRAISE FOR SARAH RAYNER:

'Carefully crafted and empathetic' **Sunday Times** 'Brilliant... Warm and approachable' **'Essentials'**
'You'll want to inhale it in one breath' **'Easy Living'**



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