



# **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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