



# **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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The book untitled More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2) is the guide that recommended to you to study. You can see the quality of the reserve content that will be shown to anyone. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of exploration when write the book, therefore the information that they share for you is absolutely accurate. You also might get the e-book of More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2) from the publisher to make you far more enjoy free time.

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