



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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From reader reviews:

Eric Johnson:

The book *More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2)* has a lot associated with on it. So when you check out this book you can get a lot of benefit. The book was compiled by the very famous author. This articles author makes some research just before write this book. This book very easy to read you can find the point easily after reading this article book.

Will Cathcart:

Reading can called brain hangout, why? Because while you are reading a book specially book entitled *More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2)* your brain will drift away trough every dimension, wandering in every aspect that maybe not known for but surely can become your mind friends. Imaging each and every word written in a publication then become one form conclusion and explanation this maybe you never get before. The *More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2)* giving you one more experience more than blown away your brain but also giving you useful facts for your better life on this era. So now let us teach you the relaxing pattern is your body and mind will be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

Jeffrey Spencer:

You are able to spend your free time to learn this book this guide. This *More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2)* is simple to create you can read it in the park your car, in the beach, train in addition to soon. If you did not have much space to bring the actual printed book, you can buy the e-book. It is make you much easier to read it. You can save often the book in your smart phone. And so there are a lot of benefits that you will get when you buy this book.

Lauren Miner:

Is it a person who having spare time in that case spend it whole day simply by watching television programs or just laying on the bed? Do you need something totally new? This *More Making Friends with Anxiety: A little book of creative activities to help reduce stress and worry (Volume 2)* can be the reply, oh how comes? A book you know. You are and so out of date, spending your extra time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

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