



Making Friends with Anxiety: A Little Book of Arts and Crafts Therapy: 10 easy things to make in under two hours

Sarah Rayner

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From bestselling author Sarah Rayner comes a book packed with easy, practical things to make which will occupy your hands, calm your mind and encourage relaxation.

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

The perfect gift for a friend or treat for yourself, *Making Friends with Anxiety: A Little Book of Arts and Crafts Therapy* is written with Sarah's trademark warmth and humour. She explains why some of us are particularly prone to panic and worry, and how 'making friends with anxiety', 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.

* Fully illustrated, with photographs by the author and clear step-by-step instructions * The follow-up to the 5* word-of-mouth success, *Making Friends with Anxiety: A warm, supportive little book to ease worry and panic* * A fantastic 'next step' for people who enjoy colouring books, offering new and exciting creative activities

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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