



Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond

Sarah Rayner

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From Sarah Rayner, author of the hit novel *One Moment, One Morning* and illustrator Jules Miller comes a delightful book combining advice and tips on managing anxiety with illustrations designed specially to colour in.

Readers can:

- Discover how to 'make friends with anxiety' and thereby manage stress
- Learn why colouring, in particular, is so therapeutic
- Find out about other creative activities that have a similar effect on the psyche, providing an array of solutions to help ease worry over the long term

Each illustration incorporates a mantra – a few simple words to help boost your mood.

All this alongside Jules Miller's pictures... You'll find magical gardens, pretty coastal scenes and gorgeous country landscapes, dogs snuggling by the fire and cats playing with wool. Each illustration incorporates a mantra – a few simple words to help boost your mood.

The result is a book to treasure – a unique combination of words of wisdom and pictures filled with childlike joy that will encourage positivity long the colouring-in is done.

- The follow-up to 5* word-of-mouth success, *Making Friends with Anxiety: A warm, supportive little book to help ease worry and panic*
- Pictures designed to cut out and keep
- Suitable for 12 years+

PRAISE FOR 'MAKING FRIENDS WITH ANXIETY: A CALMING COLOURING BOOK': 'Thanks to Miller, the pictures in this book are enchanting, and Rayner gives us words of real wisdom and humour in coping with anxiety or panic. The tips are really helpful as well, from going for a walk to sowing seeds as a means of feeling more connected and calm. All of us suffer from anxiety at some point in our lives and this is the perfect book to help calm those fears. Lovely.' **Laura Lockington, Brighton 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:

Beatrice Pearson:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to typically the Mall. How about open or maybe read a book eligible Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond? Maybe it is to get best activity for you. You understand beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with it is opinion or you have other opinion?

Joyce McDonald:

Now a day individuals who Living in the era just where everything reachable by match the internet and the resources in it can be true or not call for people to be aware of each information they get. How a lot more to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Examining a book can help individuals out of this uncertainty Information mainly this Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond book because this book offers you rich data and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it you know.

Daphne Shew:

Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond can be one of your beginning books that are good idea. We recommend that straight away because this guide has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond but doesn't forget the main place, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information may drawn you into fresh stage of crucial imagining.

Paul England:

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