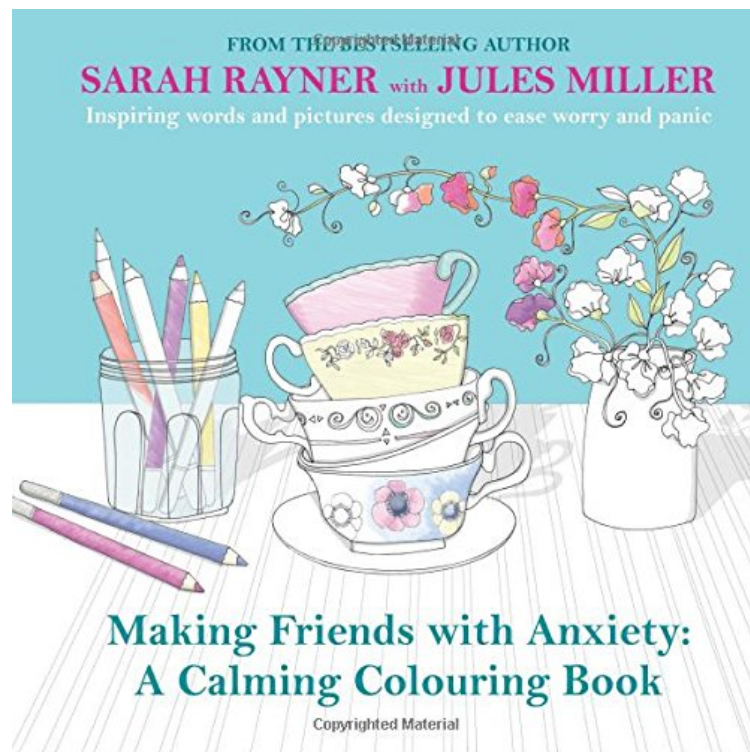


(Free) Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond

## **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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#1815167 in Books 2015-07-25 Original language: English 8.50 x .16 x 8.50l, .36 #File Name: 151419009568 pages | File size: 24.Mb

**Sarah Rayner : Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond** before purchasing it in order to gage whether or not it would be worth my time, and all praised Making Friends with Anxiety: A Calming Colouring Book: Christmas Edition: Inspiring words and pictures for the festive season and beyond:

1 of 1 people found the following review helpful. Could be bigger...By Sarah and JaredThe pages to color are really really small. I was hoping to maybe paint the pictures but detail and stuff is so tiny I end up just buying a set of really fine tip markers to use on it.0 of 0 people found the following review helpful. Three StarsBy CustomerNot as many pages as I would have liked, but it's not bad.0 of 0 people found the following review helpful. Great advice.By TashIt is full of good advice and the drawing are nice. It has a range from simple to complex images to appeal to all tastes.

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

About the Author A heartwarming colouring book packed with tips and insights to encourage mindfulness and help ease worry and panic. Author Sarah Rayner helps readers: • 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. 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 after the colouring-in is done. Although 'Making Friends with Anxiety: A calming colouring book' is the first book they produced together, Sarah Rayner and Jules Miller have known one another for many years. They met at an advertising agency in London in 1998, where they were assigned to work together as a copywriter/art director team. Luckily they got on like a house on fire, produced some successful ads, and became great friends. Over ten years ago first Jules then Sarah moved to Brighton and if you ever visit the city by the sea, you might just see them jogging together along the promenade. (They'll be the ones running very slowly, and talking very fast.) 'It was on one exceptionally chatty run along the prom that we came up with the idea for this book,' says Sarah. 'We noticed that whilst there were lots of colouring books out there, there weren't any, to speak of, with words too. Making Friends with Anxiety: A calming colouring book aims to help people learn how to reduce worry and stress whilst they colour the illustrations. It's a 2-in-1 book of stress management advice combined with hands-on creativity, and this is what makes it different from the other books out there.'