

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 Millers 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

Imminent Threat: Air War #2. The Incredible True Story of the Combat Flyers, Baby, Im Back! (Return to Redemption, Book 2), Bravo Brides: The Millionaire She Married//The M.D. She Had To Marry (Signature Select), Internet Address and Password Logbook (Extra Large Password Keeper-Beautiful Password Journals) (Volume 7), The Truth About Everything, The Viking Bodleys: An Excursion Into Norway and Denmark, Under the Christmas Tree, Isaacs Storm: A Man, a Time, and the Deadliest Hurricane in History,

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