



There Are No Sabertooths: An Imaginative Activity Book for Kicking Your Stress, Anxiety, and Insecurity Back to the Stone Age

Renee Lewin

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Social Anxiety & Stress Relief There Are No Sabertooths is a one-of-a-kind book, inspired by the technique of art therapy, that's part inspirational, part informational, and two parts creative play. It makes overcoming anxiety, stress, and insecurities enjoyable for adults and young people alike. Change your fearful mindset quickly and easily, guided by the dozens of brilliant drawing activities and writing prompts in this insightful collection.

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