

# Make & Mend **FESTIVAL** 2021 **READING SUGGESTIONS**

At Team Make & Mend we thought we'd share a selection of book recommendations; books we've really enjoyed reading over the last two years that have inspired us, made us get creative and supported our well-being. The books in this list are all about embracing creativity as part of everyday life, learning to love yourself, personal growth and the importance of rest and being present.

Do What You Love, Love What You Do: The Empowering Secrets to Turn Your Passion into Profit  
**Holly Tucker**

Craft a Life You Love: Infusing Creativity, Fun, and Intention into Your Everyday **Amy Tangerine**

Crafted **Sally Coulthard**

Wreck This Journal **Keri Smith**

How to Sit **Thich Nhat Hanh**

365 Days of Creativity: Inspire your imagination with art every day **Lorna Scobie**

Flow: The Psychology Of Optimal Experience  
**Mihaly Csikszentmihalyi**

The Art of Creative Thinking **Rod Judkins**

The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World  
**Haemin Sunim**

Independent Booksellers we recommend:

[www.drakethebookshop.co.uk](http://www.drakethebookshop.co.uk)

[www.bookcornershop.co.uk](http://www.bookcornershop.co.uk)

The Comfort Book **Matt Haig**

Extraordinary Things to Cut Out and Collage  
**Maria Rivans**

Thinking, Fast and Slow **Daniel Kahneman**

The Doodle Revolution: Unlock the Power to Think Differently **Sunni Brown**

A Manual for Being Human **Dr Sophie Mort**

The Little Book of Calm Colouring: Portable Relaxation  
**David Sinden and Victoria Kay**

99 Things That Bring Me Joy **Abrams Noterie**

Conscious Creativity: Look. Connect. Create.  
**Philippa Stanton**

Creating Space to Thrive: Get Unstuck, Reboot Your Creativity and Change Your Life  
**Courtney Kenney**

The Gifts of Imperfection **Brené Brown**



If you read any of our recommendations, let us know what you thought!



Or why not share with us a recommendation of your own!? You can keep



in touch with us via our social media: **makeandmendco**