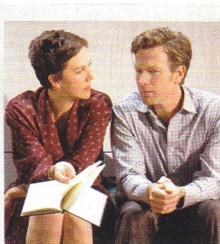


THE EDIT

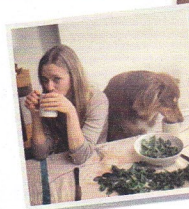
Craft obsession

"I've been knitting for 12 years, but learnt to crochet last year. I'm making a granny blanket, which will take me forever, but I really enjoy it."



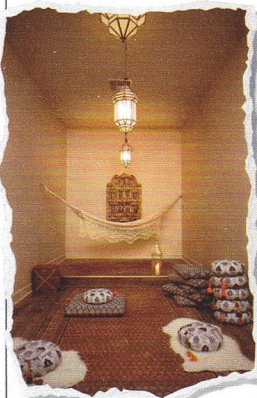
Perfect play

"The best play I ever saw was *The Real Thing* with Maggie Gyllenhaal. Oh my God, it was good. I'm a huge fan of Tom Stoppard's writing."



Best buddy

"My Australian Shepherd dog, Finn, is everything to me. He gives me unconditional support and wants nothing in return – apart from food!"



Soul sanctuary

"I started meditating last year, and I've spent a lot of time at The DEN Meditation in LA."



Amanda loves...



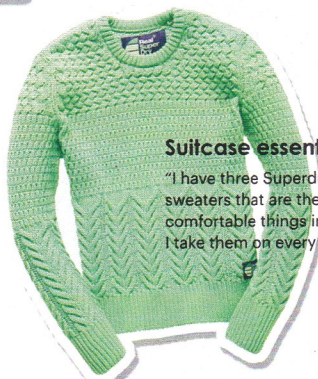
Hero accessory

"The new Givenchy clutches are my go-to bag, day or night. I like the floral design, and the stripy one, too."

ACTRESS AND GIVENCHY AMBASSADOR
AMANDA SEYFRIED SHARES
HER FAVOURITE THINGS

Favourite fragrance

"Live Irrésistible from Givenchy is a floral, fruity scent. I like to spritz my wrist, then dab my wrist on my neck to keep it light."



Suitcase essential

"I have three Superdry knitted sweaters that are the most comfortable things in my wardrobe. I take them on every trip."

Career idol

"I'm about to do a movie, *The Last Word*, with Shirley MacLaine. She's ageless, funny and so talented; she has so many stories, and her acting experience is out of this world."



By Grace Timothy. Photographs: iStock, Getty Images, @mingey/Instagram