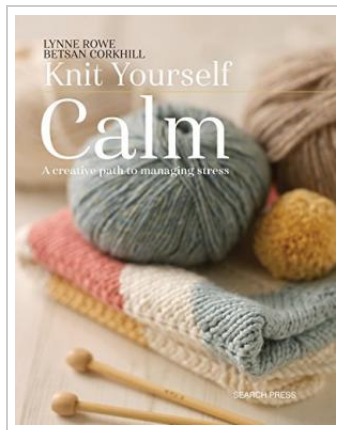


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Knit Yourself Calm: A Creative Path to Managing Stress (Paperback)

By Lynne Rowe, Betsan Corkhill

Search Press Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Knitting is a relaxing and therapeutic pastime, and this winning combination focuses on mindfulness and the perfect stress-busting knitting projects. Whether you choose a portable project to knit on the go, a group project to do with friends, or one that introduces new skills to stimulate a creative mind, this book is the perfect path to keeping calm. The book is aimed at beginners as well as more advanced knitters, but does not include anything more complex than basic knit and purl stitches, increasing, decreasing and some simple colourwork. Lynne Rowe covers the essential techniques at the start of the book, followed by projects that have been specifically designed for mindfulness. The projects themselves are split into five sections: Quick and Easy, Portable, Group, Big, and New Skills. Within these sections, you can choose to make things such as a wash cloth, a hat, a blanket, a shawl and an evening bag, amongst others. Every single one has been designed to promote calm and mindfulness and all the projects are beautifully photographed with clear and simple knitting patterns. The Introduction is written by Betsan Corkhill,...



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Reviews

This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony at anytime of your own time (that's what catalogues are for about when you request me).

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