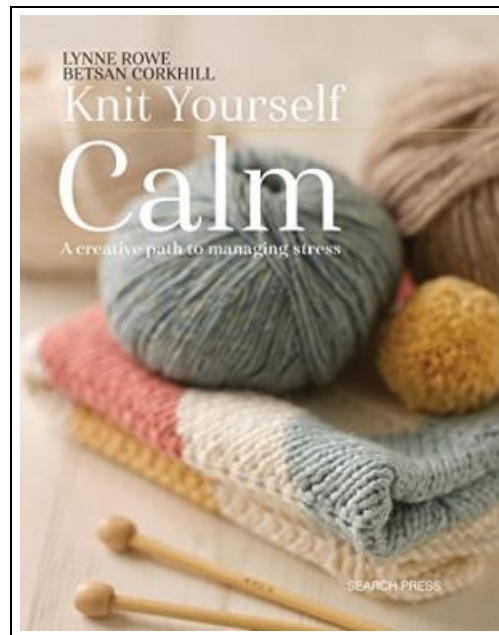


## Knit Yourself Calm: A Creative Path to Managing Stress (Paperback)



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### **Reviews**

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**(Meredith Hoppe)**

## KNIT YOURSELF CALM: A CREATIVE PATH TO MANAGING STRESS (PAPERBACK)



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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, an experienced healthcare professional who founded the community interest company in 2005. It has grown into a global online community for those who enjoy the therapeutic benefits of craft, and in particular, knitting. Betsan has also advised on the projects included in the book and repetitive techniques to promote a calm state. The five sections have different ways of promoting calm and the feelgood factor: Quick and Easy: the projects in this section are designed for when you when you feel like a quick fix to raise your mood. Use your favourite colours and textures to enhance the benefits of...



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