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Knit Yourself Calm A Creative Path To Managing Stress

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Choose from quick and easy projects, portable ones to knit on the go, group projects to do with friends, big projects for when you have more time, and those which introduce new skills to stimulate a creative mind. Banish the stress ‘fight or flight’ response with therapeutic knitting and choose a creative path to mindfulness.

Knit Yourself Calm: A creative path to managing stress ...

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.

Knit Yourself Calm: A Creative Path To Managing Stress by ...

As you get into the flow of the pattern, its familiarity will enable you to settle into a soothing rhythm whenever you need to knit yourself calm. New Skills: Learning new skills on a regular basis is essential for nurturing a healthy brain, opening new neural pathways and even encouraging the growth of new brain cells right into old age.

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Synopsis. 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.

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Knit Yourself Calm: A Creative Path to Managing Stress. There's nothing more relaxing than retreating to your favorite chair and knitting up a storm. Tapping into this, an experienced knitter and a healthcare professional team up to engineer "mindfulness" projects like a tea cosy set, unisex scarf and an evening purse, just to name a few. These patterns are divided into several categories such as "portable" and "new skills" to give you a nice variety.

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Description Knitting is a relaxing and therapeutic pastime, and this winning combination focuses on mindfulness and the perfect stress-busting knitting projects.

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.

Anyone can pick up a pair of needles and a ball of yarn. And everyone can be mindful. The Mindfulness in Knitting casts fresh light on this renowned calming craft, and reveals how the act of “knit and purl” can be the epitome of conscious living. Ethical textile artist Rachael Matthews unpicks the threads of this popular pastime to explore how knitting connects us to each other and to the world around us. Through personal anecdote and expert insight, she unravels the true value of what it means to craft, its therapeutic benefits, and the joys of mindful making.

Discover the relaxing craft of crochet! Creative and calming, crafting is the perfect way to destress! In Crochet to Calm you'll learn how the repetitive motion of this popular craft can not only clear your mind but also result in beautiful projects you'll be proud to show off! Best yet? All you need is a hook and a bit of yarn to get started! From home accent projects such as the Zinia Pillow, Meditative Mandala coaster, and the Papillon Pouf to cozy wearables like the Pinecone Infinity Scarf, Slouchy Slipper Boots,

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or Peachy Arm Warmers, you'll find 18 fun, easy projects that can be completed in almost no time at all! And with easy-to-follow photography and clear illustrations, you'll be inspired to try every last one. Featuring a foreword by Mandy O'Sullivan, founder of CraftasTherapy, Crochet to Calm will take your stress away, one stitch at a time.

As our world has become increasingly dependent on technology, and our Western societies have become woefully “Crackberried”—to use the title of a recent documentary on the emotional and social pitfalls of our too-wired ways—an intriguing phenomenon is occurring: There is an increasing amount of interest in returning to some of the simpler arts that were neglected or left behind with the onslaught of technology. Artisans and everyday crafters are finding a renewed satisfaction in making something with their own hands; some are even communicating about the inherent physical- and mental-health benefits found in handwork—and, even more than that, they are framing their handwork as meditation or spiritual practice. In today’s sophisticated and pluralistic society, people are more aware than ever that spiritual practice can be defined more expansively—and the popularity of books focusing on alternative spiritual practices demonstrate that readers are hungry for new (or ancient) ways of enhancing their inner lives. In *Crafting Calm* the author will explore these new forms of creative spiritual practice and the benefits they provide. The format of With Shannon's book will itself be creative, a rich “potpourri approach” that weaves together interviews, historical facts, projects for readers to do themselves, quotations, and suggested resources. *Crafting Calm* will serve as an inspirational resource guide to a broad assortment of spiritual practices gathered from the global arts-and-crafts communities, as well as from people who don’t consider themselves artists but who have adopted creatively expressive forms of spiritual practice. While there have been a few books published focusing on a particular form of creative spiritual practice (Skylight

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Paths, for example, has published books on beading as a spiritual practice; painting as a spiritual practice; and using clay as a spiritual practice), no one has yet explored the breadth of possibilities for creative spiritual practices contained in *Crafting Calm*.

Crochet Therapy is a unique and accessible craft book designed to combine the art of crochet with practical mindfulness techniques to bring moments of calm to your everyday life. The rhythmic skills and colorful repeating patterns created by crochet help to both relax you and encourage greater focus on the present—a vital element of mindfulness theory, which improves mental wellbeing. Patterns include beautiful crocheted mandalas with zen-like circular designs as well as other simple motifs designed to help engage you in a series of meditative exercises. Alongside these patterns are further mindfulness activities, designed to compliment the therapeutic effect of crocheting and boost your health and well-being. With the help of this book, crocheting can become an effective tool to manage stress on a daily basis, whilst also allowing you to impress family and friends with your creations.

Crochet saves lives. It saved mine. In the worst throes of depression I found myself sobbing on the bathroom floor, the tip of a kitchen knife pointed into my wrist. I was aching to break the flesh and bring the pain to an end. Through sheer force of will, I pried my own desperate hands open and replaced the knife with a crochet hook. Then I crocheted to save my life. In this book, you will get to know me through my story of depression and healing. And you will get to know other women as well. You will meet Aurore who crochets to stay in touch with reality as she deals with ongoing psychiatric hallucinations. You will meet Laurie who made a new life with crochet after years of a life filled with abuse. You will meet Tammy whose crochet helps her with the ups and downs of living with Chronic Lyme Disease. You will meet Liza who crochets through the anxiety of having temporary bouts of blindness

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caused by an undiagnosed health condition. Here are some of the things you will hear them say: "When I crochet I don't think about how my body is now broken; I think about how I can create something beautiful and useful with my hook and either yarn or thread." - Vicki "When I'm anxious, I feel like a hollow hull. Crocheting helps fill up the void." - Aurore "I couldn't pay for therapy, but a few balls of crochet thread cost less than \$20 and provided me with many hours of crochet." – M.K. "The feeling of the yarn and the rhythmic motions produced by crocheting are very quieting and help me regroup, recharge and become reconnected to my inner self amidst turmoil and confusion." – Aimee "Crochet helps me put my pain on the back burner for a while. It takes my focus away from how I'm feeling and puts it in a more productive place". - Shelli

The two dozen women whose stories are shared in this book are the women who hook to heal. We are not alone. Studies shows that crocheters are numerous; research and anecdotal evidence show that people of all ages, from all walks of life, with all types of health conditions may find healing through their hooks and yarn. Join us on our journey.

Keep your hands busy and your mind relaxed as you crochet this inspiring collection of 50 repeat patterns including mandalas, granny squares, and triangles. Focus on the repetitive rhythms of creating your piece, stitch by stitch, and you'll truly be in the moment. Your breathing and heart rate will slow, your serotonin levels will rise, and you'll have 15 beautiful completed projects to show off! "

A delightfully quirky celebration of the power of creativity and the secret magic of knitting. Greta the goat is a wonderfully accomplished knitter. She can even knit little goats and turn them loose to play around her feet. But when she gets distracted from her knitting, threatening creatures spring from her needles, each more menacing than the last. It takes quick thinking, courage, and

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brilliant knitting for Greta to find her way out of a perilous situation. In this whimsical story, creativity and craft empower our heroine to restore her safety . . . as long as she pays attention to what is growing on her knitting needles!

A guide to knitting, making, and living a slow and thoughtful lifestyle all year long *Slow Knitting* introduced crafters to a process of more mindful making through its basic tenets: source carefully, make thoughtfully, think seasonally, experiment fearlessly, and explore openly. Now, this seasonal approach encourages knitters to delve deeper into those concepts, applying them to everyday making through a series of essays, projects, and patterns that explore the life of a knitter throughout the year. Organized similarly to a seasonal planting guide or farmer's almanac, each chapter and section is designed to identify and encourage small ways that knitters may begin to employ noticeable change: organizing your yarn stash, carving out time for knitting, and starting on that baby blanket in a timely manner. The ideas explored here add up to a fuller, more mindful year, all through the joyful experience that is knitting.

Like the “slow food” movement, *Slow Knitting* encourages knitters to step back, pare down, and celebrate the craftsmanship of their work. In five chapters centered around the tenets of slow knitting—sourcing carefully, making thoughtfully, thinking environmentally, experimenting fearlessly, and exploring openly—Hannah Thiessen challenges knitters of all skill levels to view their practice in a new way. Each chapter contains explorations of fiber types; profiles of well-known yarn types, makers, and yarn suppliers; and garment patterns inspired by the featured fibers. With contributions from knitting superstars Norah Gaughan, Bristol Ivy, and many others, *Slow Knitting* proposes an approach to knitting that is both minimalist and all-encompassing, and emphasizes what makes knitting a meditation, a passion, and a

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