

Knit Yourself Calm A Creative Path To Managing Stress

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

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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 ...

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Knit Yourself Calm: A creative path to managing stress ...
This inspiring title helps consumers to create beautiful projects designed to calm and soothe. Knitting is well-known as a relaxing and therapeutic pastime, and while crafters are staying at home during the lockdown period, it's the perfect time to promote knitting as a way to improve mental health and general well-being.

Knit Yourself Calm: A creative path to managing stress ...
Knit Yourself Calm : A Creative Path to Managing Stress by Lynne Rowe and Betsan Corkhill Overview - Knitting is a relaxing and therapeutic pastime, and this winning combination focuses on mindfulness and the perfect stress-busting knitting projects.

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About Knit Yourself Calm 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 by Lynne Rowe, Betsan Corkhill ...
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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