

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. 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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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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