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## Basic Knitting & Crocheting for Today's Woman: 14 Projects to Soothe the Mind & Body

By Anita Clocic

Schiffer Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Basic Knitting & Crocheting for Today's Woman: 14 Projects to Soothe the Mind & Body, Anita Clocic, This knitting/crocheting book offers fourteen projects that are fun to make, while allowing the knitter to escape the stresses of the day. Using basic knitting and crocheting techniques, make throws, baby wraps, meditative yoga mats, a table runner, scarves, baby blankets, wrist warmers, and pillows. As the stitches unfold into an amazing art form, the warm colours will help soothe the mind and body. Design patterns are broken down, row by row, in easy-to-follow instructions. The use of colour, combined with the ease of the designs and the pattern stitches, provide knitters and crocheters of all skill levels a chance to unwind as they complete these wonderfully colourful yet simple projects.



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