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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.

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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

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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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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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Title: Knit Yourself Calm: A Creative Path to Managing Stress . Author(s): Lynne Rowe, Betsan Corkhill . Publisher: Search Press(UK) Publication Date: 2017-05-10 . Binding: Paperback . ISBN: 9781782214939 Condition: New

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