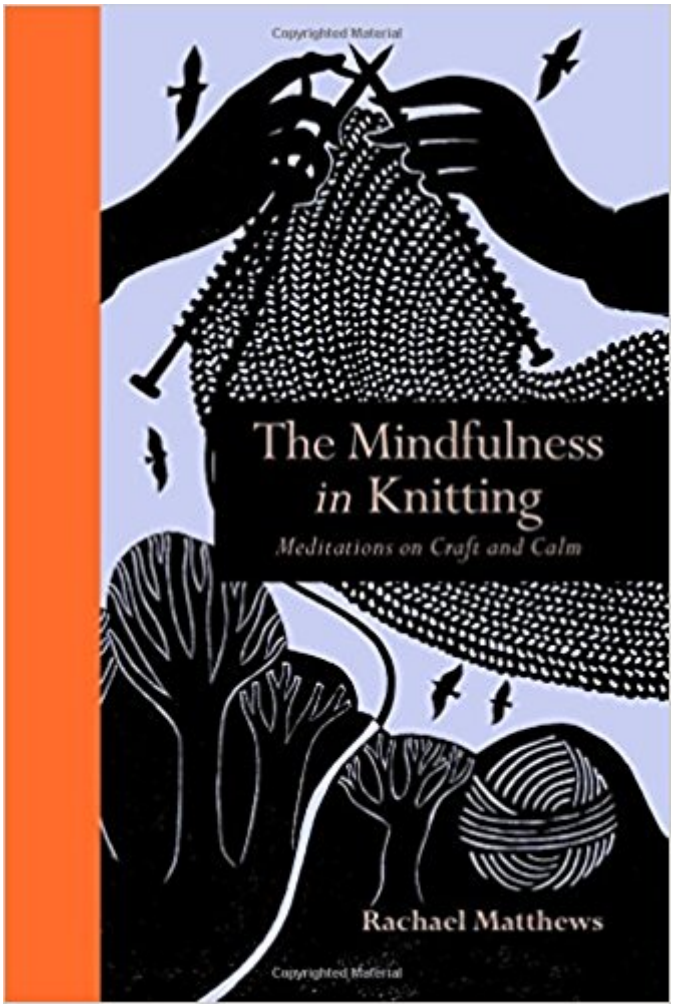
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The Mindfulness In Knitting: Meditations On Craft And Calm



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Synopsis

Everyone 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 famously calming craft, and reveals how the simple repetition of plain and purl can in itself nurture wellbeing. Rachael Matthews explores the joys of making and looks at the benefits of taking upÃƒÂ¿ one of the simplest and most useful of crafts. ÃƒÂ¿

Book Information

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Customer Reviews

Rachael Matthews (London, UK) is the director of Cast Off Knitting Club, and Prick Your Finger, an ethical yarn shop and textile gallery, both in East London. An artist specializing in knitting, and a teacher focusing on Craftivism and craft process, she has curated knitted works at the V&A, Barbican, Tate Modern, and the Crafts Council, including a Yan Tan Tethara Mandala. Rachael was a columnist of Simply Knitting Magazine for six years, is regularly featured in the international press, and is the author of Knitorama (2005).

This is a book unlike any other I’ve experienced--there is practical advice regarding yarn choice and colour suggestions (and questions that lead you to ask why you choose what you do), intrapersonal reflection guidance, and a narrative appeal to the overall voice of the text. Geared specifically for those in the fibres world, this book does a wonderful job of leading you to create your own meditative rhythm through yarn and the many ways you can use it without dictating a rigidly

prescribed way to do so. I will definitely be picking up additional copies for my knitting friends.

This book puts into words what I have been trying to practice. I believe in knitting as a spiritual practice and this book is helping me improve that practice.

Charming book any knitter would love.

A great read for knitters.

It wasn't exactly as expected. I bought this as a present for my mom who loves to knit. However, she told me that when she got to the part about writing a one page essay of what the yarn means to her, she put it down. It just wasn't what she or I expected. I'm sure that it will fit someone else's tastes, but was just a bit "too out there" for my mom.

This was a gift for my mother who has been knitting for over 50 years. She loved it!

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