



Conscious Crafts: Whittling

20 mindful makes to reconnect head, heart & hands

Barn the Spoon

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Key Selling Points

- Authoritative whittler Barn the Spoon presents 20 simple makes for 'green' whittlers to carve at home without the need for an axe or drill
- Barn the Spoon has over 25K Instagram followers. His first book *Spoon: A Guide to Spoon Carving and the New Wood Culture* has sold over 7,000 copies
- This book reveals the meditative nature of the whittling process and its empowering skill set for creating, and mindfulness.

Description

Conscious Crafts: Whittling is a timely tap into the contemporary craft renaissance and resurgence of making for positive mental health.

Making is mindfulness made practical, and whittling is a renowned and rewarding craft. Drawing on the traditions of green woodworking, Barn the Spoon has created 20 modern makes, ranging from simple tools including the classic spoon to decorative items such as animals and woodprints. He shares the basic techniques to whittling and shows how these can be developed for different projects, as well as reconnecting us to nature's raw materials.

Packed with inspiring ideas and practical guidance, *Conscious Crafts: Whittling* gives you the simple skills to get started with this fulfilling craft and explores how the joy of creating your own unique makes can enrich your well-being. Clean photography, contemporary step-by-step illustrations and heart-affirming text are neatly carved together to celebrate handwork and the act of crafting for a sustainable future.

The projects: light pull; letter opener; chopsticks; pickle fork; spoon rack; toaster tongs; plant label; comb; hair pin; drop spindle; crochet hook; knitting needle; button; pliers; bird; horse; whistle; tent peg; walking stick; double-ended hook; heart or floret decoration; and woodprint.

About the Author

Barnaby Carder a.k.a Barn the Spoon is a contemporary crafter who specializes in household treen, small handmade functional objects made of wood. A woodwork obsessive for over 25 years, he set up his famous shop and craft school in East London, UK, in 2012, and is the co-founder of Spoonfest, the largest spoon festival in the world. Barn is internationally recognized for his work popularizing the use of axes and knives to carve green wood, a movement that is gaining momentum, and he is a strong voice in the debate for progressive ways for humans to co-exist with our beautiful planet focusing on harmonious small scale woodland management and using craft as therapy. Barn the Spoon's website is www.barnthespoon.com and his Instagram is @barnthespoon