



## Sewing for the Soul

Simple sewing patterns and recipes to lift the spirits

**Jules Fallon**

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| <b>Price</b>          | £19.99                     |
| <b>ISBN</b>           | 9781446308745              |
| <b>Format</b>         | Paperback 273 x 210 mm     |
| <b>Extent</b>         | 128 pages                  |
| <b>Illustrations</b>  | Colour illustrations       |
| <b>Publisher</b>      | <b>David &amp; Charles</b> |
| <b>Classification</b> | Sewing: other              |
| <b>BIC CODE/S</b>     | WFB                        |
| <b>SALES REGIONS</b>  | Craft Trade Only           |



### Description

Sewing is good for the soul and this collection of garments, accessories and loungewear sewing patterns is designed to soothe the soul and lift the spirits. But this book isn't just about the clothes, it's about the power of sewing to help you relax and unwind: there are smaller projects for hand sewing, the ultimate mindful craft, and quick dressmaking patterns.

As well as the sewing projects there is also a smattering of delicious recipes to feed more than just the soul! Sewing and baking have always been natural bed fellows and this collection features garments, cakes and drinks to celebrate every season whether it's 'Mullered Wine' in the winter or a delicious Lemon Drizzle Cake for the summer.

There are full-size, graded patterns (up to a UK size 26/US size 22) for 10 easy-to-wear garments including pyjama pants, a linen T shirt, a summer dress and palazzo pants. This means that you can find your perfect size and get sewing straight away without having to print out the patterns. The designs are for relaxed-fit clothes and 'loungewear', which are suitable for both work and home and all the garment instructions have written step-by-steps and diagrams making them suitable for all abilities.

Unlike other sewing collections *Sewing For The Soul* takes you on a journey throughout the year with sewing patterns, projects, recipes and drinks to take you from season to season. By the end of the year, you will have a whole new wardrobe to be proud of and will have spent many relaxing hours mindfully making.

The projects are presented seasonally and each season has a slow sewing project for when you have more time, a quick sewing project so that even the time-poor can enjoy some therapeutic sewing and either a hand sewing project – such as embroidering a decorative detail onto one of the garments – or a reinvention project.

### About the Author

Jules Fallon is an established indie pattern designer and owner of the brand Sew Me Something, she is also an experienced author and teacher. Jules is a regular on the sewing, quilting and craft show circuit in the UK and hosts regular workshops and retreats on dressmaking and sewing. Visit her website: [sewmesomething.co.uk](http://sewmesomething.co.uk).

