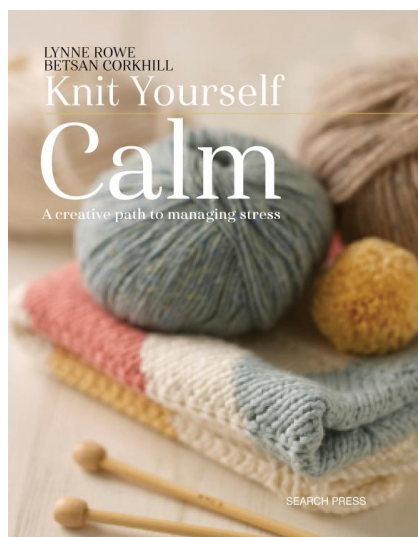


Knit Yourself Calm

A creative path to managing stress

LYNNE ROWE, BETSAN CORKHILL



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Description

The therapeutic benefits of knitting have long been recognised and holistic health expert Betsan Corkhill, together with knitting designer Lynne Rowe, create beautiful projects designed to calm and soothe. Suitable for beginners and more experienced knitters, discover how the repetitive process of knitting can relieve stress and improve your well-being.

Key Selling Points

- Beautiful projects designed to calm and soothe
- Suitable for beginners and more experienced knitters
- The repetitive process of knitting can relieve stress and improve your well-being

About The Author

Lynne Rowe was taught to knit and crochet by her grandmother in her early childhood and has been hooked ever since. She has developed a wide range of specialist skills and loves to pass these on to others through her workshops and classes. She is best known for her whimsical designs which feature regularly in the UK's most popular craft magazines, along with articles and technical guides. Her practical approach makes her patterns straightforward, easy to read and fun to make and her aim is to encourage as many people as possible to knit and crochet.

Lynne has a keen interest in the therapeutic aspect of knitting, and has taught many people over the years with various mental/health issues and has first-hand experience of how simple, repetitive tasks such as knitting can both help the mind and relieve stress.

Lynne is active on social media, with her own website, Facebook page, blog and Pinterest page. She has written two books for Search Press: *Once Upon a Time in Crochet* (published April 2015 and sold 2071 copies of US edition and 2162 copies of UK edition) and *20 to Make: Crocheted Mandalas*.

Betsan Corkhill is an experienced healthcare professional specialising in physiotherapy and is a passionate advocate of the 'whole-person' approach to health. She supports people in improving their wellbeing, whether they are fit and well or learning to live with a long-term medical condition. Her background as a physiotherapist enables her to combine wellbeing coaching with her medical knowledge to help individuals develop a personalised wellbeing plan.

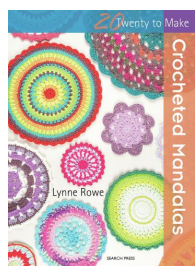
Betsan founded the community interest company stitchlinks.com in 2005. It has grown into a global online community for those who enjoy the therapeutic benefits of craft, particularly knitting, and is pioneering scientific research into these benefits.

She is also an experienced magazine production editor and regularly writes articles for a range of publications.

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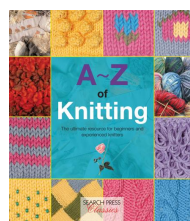
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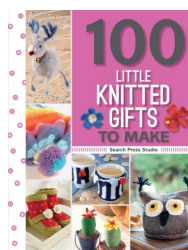
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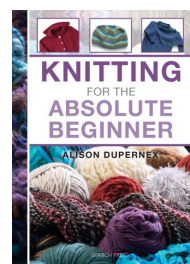
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