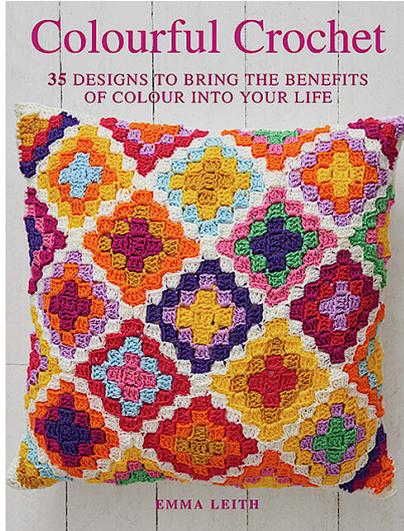


Colourful Crochet

35 designs to bring the benefits of colour into your life

EMMA LEITH



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Description

Imagine you are in the wool shop or searching for yarn online – do you instinctively go for the reds and pinks, naturally veer towards soft blues and greens, or head to the dark side of greys and blacks? The relationship between colours and our state of mind is well established, but we don't often consciously notice how much different colours affect us or understand why we favour some over others.

Emma Leith is known for her colourful crochet, and has designed 35 projects that will bring you the psychological benefits of working with different shades, along with the enjoyment of creating beautiful items for the home and to wear.

There is a chapter for each season, to reflect the colours of nature in spring, summer, autumn and winter, and then a chapter of 'four seasons' designs, showing you how to mix shades from different times of the year. With notes on the colour therapy benefits of different patterns, and suggestions for switching shades to suit your own preferences, you will soon be crocheting in full colour.

About the Author

Emma Leith has used her Buddhist practice and learned the benefits of mindful crochet from a personal perspective, while undergoing treatment for breast cancer. Her website, Emma Leith Atelier (www.emmaleith.co.uk), showcases her love of colour and texture, and her aim is to spread hope and happiness in all that she does. Whether she is yarn-bombing a town centre or teaching children, her work is always life-affirming and full of fun. Emma lives near Bath, UK with her daughter and partner, their two dachshunds, and Womble the cat.

ADVANCE INFORMATION