



Simple Hand Sewing

35 slow stitching and mindful mending projects

Laura Strutt

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Key Selling Points

- Hand sewing and embroidery are a great way to practise mindfulness through craft and help relieve anxiety
- Includes fun and sustainable projects for clothing, accessories and the home, showing you how to mend and decorate existing items and re-purpose scraps of fabric
- Laura Strutt is an experience crafter who has authored several successful books such as *Modern Embroidery*, *Modern Weaving* and *Modern Crocheted Shawls and Wraps*.

Description

Feel the benefits of sewing by hand for your wellbeing and for the planet, with these mindful and sustainable makes.

Laura Strutt has designed these 35 projects specially to develop your hand-sewing skills, but also to help you slow down, enjoy the moment, and appreciate the rewards of your work. Using different techniques such as visible mending, sashiko, embroidery, thread doodling, boro and abstract embroidery, Laura shows you how to incorporate these methods into making something useful, creative and sustainable.

For the home, you can make a boro bowl from scraps of fabric, adorn a simple cushion cover with an embroidered mandala or decorate with a floating embroidery design in a hoop. From your wardrobe, revive a beanie hat by adding some floral embroidery, or use sashiko stitching on fabric-covered buttons for a new look. Think of the planet as you upcycle a blouse with detail stitching and new sleeve trim, or make elbow patches to cover the holes in your favourite sweater. Whichever project you choose, take time to enjoy the process and simply sew.

About the Author

Laura Strutt is the author of *Modern Embroidery*, *Sewing for Babies and Children*, *Modern Weaving*, *Get Knooking*, *35 Knitted Baby Blankets*, *Modern Crocheted Blankets*, *Throws and Cushions*, *Modern Knitted Shawls and Wraps*, *Modern Crocheted Shawls and Wraps*, *Modern Granny Square Crochet*, and *Arm and Finger Knitting*, all published by CICO Books. She lives in Ipswich, UK. Discover more of Laura's designs, technique guides and crafty inspiration on her creative lifestyle blog, www.madepeachy.com