

[Download] Love in Every Stitch: Stories of Knitting and Healing

## Love in Every Stitch: Stories of Knitting and Healing

*Lee Gant*

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#314415 in Books 2015-04-14Original language:EnglishPDF # 1 7.90 x .70 x 5.00l, .0 #File Name: 1632280183244 pages | File size: 73.Mb

**Lee Gant : Love in Every Stitch: Stories of Knitting and Healing** before purchasing it in order to gage whether or not it would be worth my time, and all praised Love in Every Stitch: Stories of Knitting and Healing:

1 of 1 people found the following review helpful. Forever friends!By Grammie KIiltonWhere to start?! Lee and I have not seen each other since 1971 when we graduated. FB brought us back in touch with each other. Who knew we had so

many similarities in our lives! I love her book. I am so proud of her and her journey! The ability to change the negative in our life and experiences to forgiving, learning, accepting and be happy takes such a strong person! Lee is such a wonderful giving role models to all ages - family, friends, strangers! It's a honor to get to know her all over again! Thanks Lee for being part of your life journey. I will always be here if you need me. 1 of 1 people found the following review helpful. Essential Knitting Companion By N. Stier This gem is an intimate journey of healing and of the importance of finding a community. The importance of teaching to all ages with understated grace. She learns to be gentle and she is gentle to the reader. This book would be appreciated more completely as an audiobook. Also, check out her facebook page, which includes pictures. 0 of 0 people found the following review helpful. It made me feel happy, sad and hopeful By Pam Russell I wasn't able to put this book down until I had finished reading it. It made me feel happy, sad and hopeful. In today's chaotic world we all need tools to help calm us and knitting seems to have helped all the people in these stories and I can't wait to see how it can help me. It was written so well that I could actually visualize what I was reading. I would recommend it to anyone that is using any other tools for anxiety such as meditation or medication to see if knitting can help them.

In her inspiring book, *Love in Every Stitch: Stories of Knitting and Healing*, master knitter, teacher, and widely published knitwear designer Lee Gant shares real-life stories about the power of knitting. As an employee of three different yarn stores, a teacher of countless knitting classes, and a volunteer with at-risk youth, Lee has had the opportunity to gather diverse stories. The stories Lee shares about herself and fellow knitters from around the world illustrate how each stitch and purl can comfort and calm, heal and renew. A suicidal teenager crochets through pregnancy. A dying woman finds comfort in the company of knitters. A woman finds the courage to face her estranged parents. A woman going blind realizes she can still knit and experience life. And Lee's life, riddled with more than just anxiety, has at last become stable and productive. This book includes stories of women, men, and teens who have experienced profound change and enlightenment through knitting and crochet.

"Lee Gant brings us stories from the edge of suffering, marked by addiction, violence and grief. Why venture into this terrain? On the other side we experience the tangible feel of yarn, hands moving with knitting needles and the comfort of a shared passion. *Love in Every Stitch* demonstrates Gant's deep love for the craft of knitting, how knitting offered a healing balm in her recovery, as well as helping countless others. As someone who believes in the potency of the arts, Gant offers another view through her testimony to knitting's therapeutic powers, so simple yet profound." -Adriana Marchione, expressive arts therapist and teacher, creator of *When the Fall Comes*, a film on love, loss and art "I found it hard to put down, the raw emotion in her words draws you in and you will find yourself willing her on to succeed. And she has - big time. We can so readily write people off in this modern world, particularly young people who have resorted to alcohol and other drugs to help them cope. Lee is a shining example of how you CAN dig yourself out of a deep dark place to become happy and successful. She wrote in her story to me that she was told that she would never amount to anything...but she has shown them all otherwise, and now she is helping others to climb up there with her. There are lessons for us all to learn in this book." Betsan Corkhill, author of *Knitting for Wellness* "Everyone knows that handmade knitted items warm the body, but only knitters understand that the craft of knitting can also heal the mind and soothe the soul. In this beautiful and uplifting book, Lee Gant tells her personal account of how knitting made a difference in her life. Read her story: You'll laugh, and you'll cry. And, if you're not already a devoted knitter, I bet by the end you'll be registered for your first lesson at your local yarn shop! What this world needs is more folks like Ms. Gant and, of course, more knitters. . . ." Melissa Leapman, bestselling author of *Knitting the Easy Way* "Lee Gant gives an honest account of her past substance abuse, entwining her stories with her passion for knitting. Not only has she recovered and persevered, but she continues her journey as she teaches the art of knitting to others with similar issues. Ms. Gant's color descriptions are delicious, enticing anyone to taste the craft of knitting [...] Highly recommended." Pamela Fender, author of *Beside Myself: Recovery From My Family Betrayal and Estrangement* About the Author A renowned designer and sought-after teacher, Lee Gant is a household name among knitting enthusiasts. Holding the rank of 'master knitter,' Lee enjoys working with adults and children, as young as age eight, teaching self-empowerment through knitting. Some of Lee's designs can be found in *60 Quick Baby Knits*, in *Knit Picks* and *Patternfish* online, and at *Strings and Things* in Kauai. Lee's knitting has won many first place and best-in-show awards at county fairs in northern California. Her new pattern collection for children's knitwear will publish in the spring of 2016. She lives in Santa Rosa, CA.