

# Never Too Old to Knit



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著者:Strom, Karin (EDT)

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With more people than ever interested in knitting, there have been many volumes to teach newcomers the basics and reeducate the lapsed. But none has targeted the mature audience...until now. Designed with larger type for easy readability, with a stay-open hidden spiral for ease of use, and with 30 projects designed by over-50-year-olds for their peers, *Never Too Old to Knit* will reach this eager, untapped market. It includes a discussion—with medical statements from experts—of knitting's

many health and stress-relief benefits; the therapeutic advantages range from increased mental and creative stimulation to an improved social life as knitters gather together to work and chat. Clearly illustrated instructions present all the basics, from casting on to completing simple garments, so both novice and returning knitters can start stitching immediately. And because more-advanced techniques are covered too, the book becomes a valuable reference as skills improve. The appealing—and portable—projects all feature beautiful colors and textures, yet none are very difficult to complete. A Selection of the Crafters Choice Book Club.

作者介绍:

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