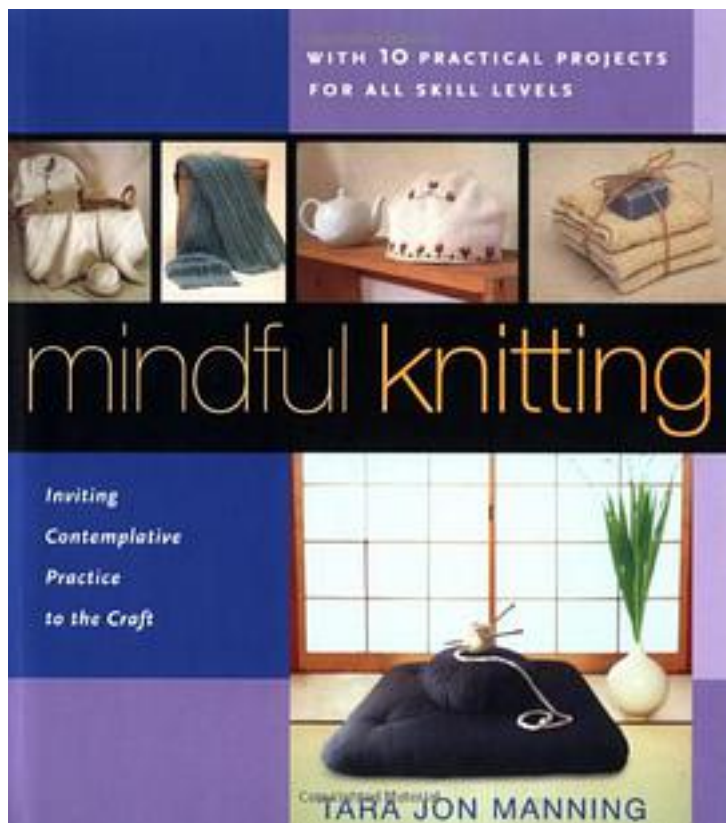


Mindful Knitting



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著者:Manning, Tara Jon

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"Mindful Knitting" looks at the art of knitting from a Buddhist perspective. Exploring the parallels between knitting and meditation, this book instructs the reader in how knitting can be a tool for contemplation. It explores the benefits of engaging in knitting in a mindful way, presents simple meditation exercises, and provides clear, easy-to-follow project instructions that complement and expand upon each meditation theme.

作者介绍:

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