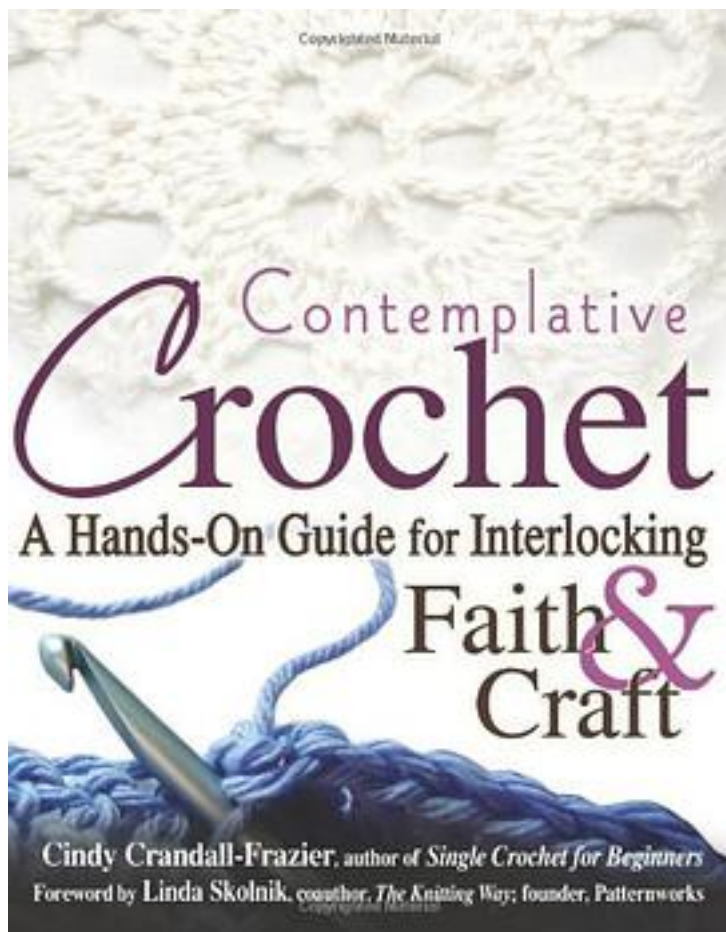


# Contemplative Crochet



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著者:Crandall-Frazier, Cindy

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Take up Crochet with a Whole New State of Mind and Spirit The rhythm of the hook, the feel of fiber, the miraculous creation of beautiful fabric from thread or yarn you know the satisfaction to be found in the simple act of crocheting. But is there a way to

develop this sense of the spiritual into a deeper, more mindful practice? This joyful and engaging craft book will take you on a path deeper into your crocheting and your spiritual awareness. Follow the history, stories, musings and discoveries of Cindy Crandall-Frazier and other crocheters as they illuminate the spiritual lessons you can learn through crocheting. Whether individually or as part of a group, explore your practice through original patterns, meditations, questions for reflection and creative exercises. You will find yourself reaching for your hook and yarn as you read, inspired to take up your projects with a whole new state of mind.

作者介绍:

目录:

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