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# Love In Every Stitch: Stories Of Knitting And Healing



## Synopsis

In this inspiring audiobook, 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 she 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.

## Book Information

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## Customer Reviews

Powerful - I couldn't put this book down. Better than most novels, really. Lee Gant shows that knitting is not just about cute mittens and sweet sweaters-it is good medicine to heal the soul and bring people together. This is a must read for anyone with anxiety, depression or in recovery from a past trauma and (isn't that all of us?)

As a compulsive knitter and deep believer in the positive powers of knitting I jumped at the chance

to review this book, approaching it with no small degree of excitement. I was not to be disappointed. The foreword immediately drew me in as I focussed on those few small but deeply meaningful words: "knitting saved my life". I wanted to know more. This is a moving and inspirational story of heartache and pain giving way to hope, love and healing. All brought about through needles and yarn. Lee's own triumphs over personal adversity are revealed throughout the book as a ball of yarn unravelling. The threads are then knit up into a beautiful garment made up of her own transformed life and patterned with the stories of how knitting has been the salvation of so many others. Even a powerful story needs words to express it and Lee's wonderfully beautiful and evocative prose brings light to even the darkest moments. Her loving concern for the people she meets along the way is apparent in every word and I would defy anyone not to be moved and inspired by the sunshine breaking through clouds that this book brings. There are amazing stories, sometimes quite simple, sometimes verging on the miraculous. In particular I loved the account of baby garments that lasted a lifetime and then came back to share their story of love in another generation. Having read the book once through, it won't be left at that. I know I shall return again and again to receive the blessings brought by Lee's heart-warming stories and insights. A book that certainly can be read initially as a long draught of a refreshing drink, but which begs for a second glass to be savoured sip by sip. It is a book that will hopefully encourage knitters to share their craft and people in need of healing to, however tentatively at first, seek solace in the gentle rhythm of the needles. I certainly shall be recommending it warmly to knitters and non knitters alike.

This book grabbed me by the heart and did not let go. In her book *Love In Every Stitch; Stories of Knitting and Healing*, author Lee Gant shares her deep and personal journey of how knitting helped her overcome addiction, heal her heart, learn to forgive and thrive in life. Lee's honest no holes barred sharing of hitting rock bottom and finding her way back to living is so authentic you get pulled into her story immediately. I got lost in this book. I bonded with Lee. I felt her pain. I related in so many ways with her struggles. I cheered for her. I cried with her. I laughed with her. I related to Lee and her visceral need to incorporate knitting in her life. The beautiful part of Lee's story is in how she shares her passion for knitting with others and in doing so she helps other people heal their own hearts and conquer their own demons. This sharing of her craft is a kind of "pay it forward" giving we can all aspire to and demonstrates that her journey is not over but continues each and everyday. Lee exemplifies that in the midst of adversity and suffering no matter what the odds are against you, if you dig down deep enough and give yourself a chance you can overcome your challenge and win at life. Lee would be the first person to say "You have got work to do but I know

you got this. Here, let me show you how to knit and purl." Read this book, then go to the yarn shop and start healing your heart.

This is a significant book for me. Lee writes from the heart in a way that left me crying and smiling so many times. the struggles and accomplishments are astounding. I have thought about this book many times since I read it. Sometimes while I am knitting a piece of a story works its way into my thoughts and I stop and remember and reflect. I highly recommend this book for anyone, whether you knit or not. From the first page I became a fan of Lee's and I tell anyone and everyone I know to get and read this book. It is now also an audio book which means you can knit and listen! Don't delay, get your copy today.

Love in Every Stitch is a tale of every girl who knits, and how knitting saves lives. Every crafter knows that his/her craft can save their soul - and for some people, I do mean this literally. Any knitter or crocheter has either knit through a loved one's dying, or knows of someone who has. I sat and crocheted nothing but granny squares when my grandmother died, and knit a vest when my grandfather was dying. And my story is not much different from all the others out there. Lee Gant will make you laugh and cry - sometimes both on the same page. Gant has a history that is different from mine, and she has a fantastic way of sharing it with you. It's not a story that you will probably want to sit and read in one sitting - it's too emotional - but it's definitely a must read.

Lee has written a most delightful book. It is heartwarming, truthful and life changing. When I finished listening to it I just had to buy three more books to share with friends. Friends who knit and friends who don't because this book is truly in it with love

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