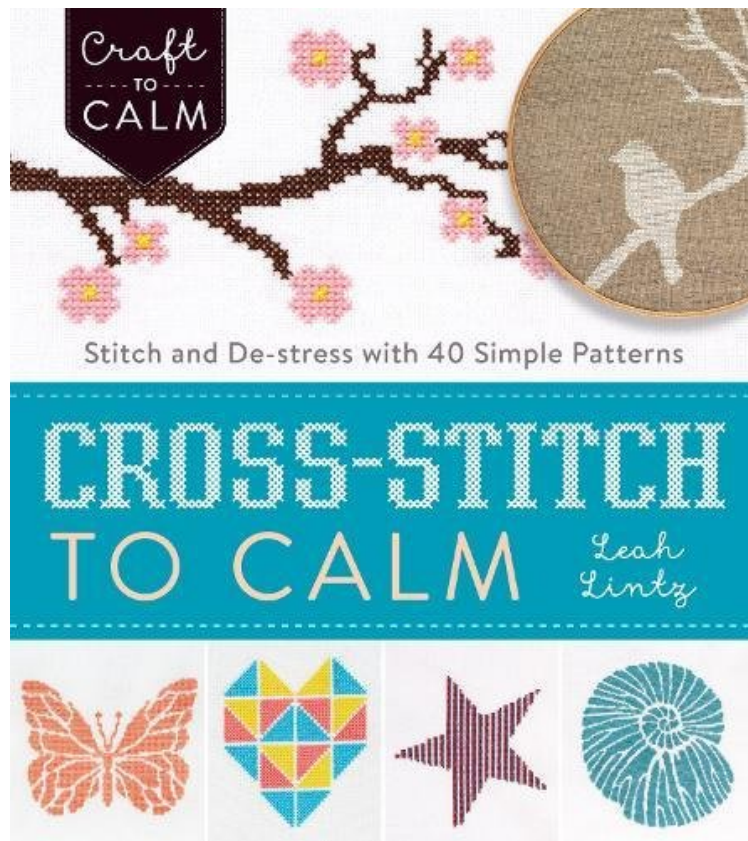


## Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm)

Leah Lintz

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**Leah Lintz : Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm):

1 of 1 people found the following review helpful. I love this book and have done 4 or 5 designs ...By ElaineI love this book and have done 4 or 5 designs from it already. I love the simplicity of just a few colors and the focus on relaxation rather than "finishing" the project. I put down a project for a month or two, came back, and it was easy to find where I left off and finish it. I hope she makes more!2 of 2 people found the following review helpful. Five StarsBy Jean CarolineGreat for a beginner, I am enjoying it very much...1 of 1 people found the following review helpful. Outstanding!By hlsanfordI love these patterns. No more cutesy kittens and flowers. Finally something contemporary. I love this. Wish the patterns were easier to read, but this is a book so kind of expected. Maybe patterns can be accessed online?

Maximize the fun of needlework and minimize the stress! Discover how relaxing and satisfying crafting can be! In

Cross-Stitch to Calm you'll stitch away your stress with this simple, yet meditative craft. Only a bit of embroidery floss, a needle, and fabric are needed. 40 unique, yet simple cross-stitch patterns are featured, along the themes of Creatures, Nature, Symbols, and Words. Plus, author Leah Lintz has included an introductory chapter that explains the basics of cross-stitch, as well as easy techniques for finishing and displaying your project. Through beautiful imagery and easy-to-stitch shapes, Cross-Stitch to Calm will help you enjoy a new pastime while creating beautiful art for yourself and others.

"Ideal for crafters who use the technique as a way to unwind. This collection is ideal for beginners looking for no-fuss patterns that don't require a rainbow of floss colors, or for experienced cross-stitchers seeking a quick, easy-to-finish, small project." --Library Journal "We've long known that cross stitch helps us to relax, and now author Leah Lintz has produced a book to help us make the most of quality time with needle and thread! There are...some truly beautiful, unfussy designs you'll love to hang on your wall to add some serenity to your home." --Cross Stitch Collection Magazine "This fantastic new book from publisher David Charles is simply on-trend goodness!" --The World of Cross Stitching