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Your one-stop reference for a lifetime of happy crocheting! It's amazing that a simple hook and yarn can yield such diverse results, from thick, cozy Afghans to delicate lace doilies. Crochet The Complete Guide contains everything you need to get started or take your projects to the next level—from advice on selecting the best yarn types and colors for your projects, to easy-to-follow instructions for creating sophisticated edgings, lacework and three-dimensional textures, to multi-color effects, ruffles, flowers and much more! • 150+ illustrated stitch patterns, from classic patterns to new and unusual designs—arranged by type and style, and color-coded for easy browsing • directions for a wide range of crochet styles, including Tunisian crochet, beaded crochet and CroKnit • 7 timeless projects to make as shown, or customize by substituting pattern stitches found throughout the book • a getting-started section that covers tools, materials and basic techniques A must-have guide for crocheters of all skill levels, this little book will satisfy your itch to stitch!

Understanding Yoga - A Beginner's Guide to the

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Complete Practice is a basic yoga manual that introduces the complete novice or beginner to the basics of the ancient healing art of yoga. This book explores not just the physical practice of yoga, but also explores the roots of yoga, the philosophy behind the practice, the benefits of living a yoga lifestyle, breathing and meditation techniques, and much more. Easy to read and understand, this book also provides instructions on a few of the basic postures that form the cornerstone for a home practice. A must for the budding yogi!

Did you know that you have been looking through "funny-colored glasses" your whole life? What? Who? Me? Yes, all of us! We have been viewing the world around us through our own unique perspective, which colors and flavors everything we see. It is more than a "viewpoint." because it directly effects all that we feel, do, and say. This book is about perspective. Over the many years of his practice, Dr. Keith Eble discovered he was repeating key ideas about perspective to his clients in brief, powerful statements, which served as reminders for the ideas he was addressing. When he began to collect these "one-liners," he found other relevant wise sayings, and, his clients contributed their own gems of wisdom, while he also created ones of his own. As the list grew, the thought of making these ideas available to others grew, too. Dr. Eble firmly believes anyone who reads this book will

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immediately gain an understanding of how perspective effects us - even unknowingly. He also believes anyone can begin to identify and challenge harmful perspectives. He further believes these ideas can be used as part of an amazing, life-long endeavor, providing a powerful means to improve emotional health and relationships.

A how-to manual for sewing beginners covers how to choose and use equipment and materials, laying out fabrics and patterns, and tricks and advice for cutting and sewing.

Learn to Love Sewing, Stitch by Stitch So, you love all that gorgeous designer fabric and you really want to make something with it. Or maybe you've taught yourself a little sewing know-how but have become frustrated. Whatever your background, Stitch by Stitch guides you through everything you need to know to start sewing and make it to the varsity level. Inside Stitch by Stitch, you'll learn essential sewing skills--everything from basic stitching and backtacking to creating gathers, making darts and using multi-sized patterns--while completing appealing projects. In the book's unique format, skills and projects build upon each other so that you get instant gratification and motivation to progress. Stitch by Stitch, learn to love sewing with: A guide to the machine, notions and fabric. Get to know your sewing machine and learn about all the essential materials and tools you need to get started. 11

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modern, stylish projects. A variety of projects--like a simple tote, a piped throw pillow, a hipster belt, a sweet A-line skirt and a cap-sleeved blouse--will build your sewing skills while giving you great pieces to show off. Clear and comprehensive step-by-step photo instruction. No vague illustrations that keep you guessing. Bonus CD. Includes PDF patterns for apparel projects (in sizes 4-14), stitch practice guides, sample applique designs and more. Whether you're a sewing novice or returning sewist, *Stitch by Stitch* will give you the confidence and skills to keep motivated, get great results and finally learn to love the process.

Offers illustrated tutorials for fifty machine sewing stitches and twenty hand stitches, covering stitches and their practical applications and showing new and experienced sewers alike the proper way to choose thread, needle, and fabric.

Our consumer society needs a reality check. The landfills are overflowing, the oceans are full of plastic, North American money is now used by China to buy more weapons, and still we think a product that lasts only 4 years is a good one. This book contains over 170 tips, tricks and hacks to help you repair, reuse, lead a simpler life and save money. We have entered a Grand Solar Minimum and it will get colder. This is your Darwin Moment. Survival will no longer be simple, but if you are prepared it will be easier. Inside is a guide inspired by the wisdom of

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the do-it-yourselfers of 100 years ago. Find out how to use tools, make things last longer, repair them when they break and live a simpler life. Make something at adult education night. Find out which tools are actually useful. How to remove a car engine in your back yard. Get through snow drifts using snow The uses of a come-along winch. Strengthen weak and wobbly furniture. Bend metal with a metal bender. Repair broken windows and dripping taps. Reset the oven temperature on your electric stove. What to do about a "bang" in the fridge. Fix your electric stove elements. Repair a screen and frustrate the mosquitos. The basics of lumber and what is not lumber. Using a table saw, countersink and hand plane. How to get rid of pests: rats, bugs, ants and wasps. Finding the hydraulic oil filter on your tractor. How growing trees in your yard affect your wood stove. Why you should get your wood stove very hot in the morning. The challenges of life in the country and how to meet them. Staying warm with wood heat. Knowing what questions to ask. Getting good stuff for FREE. The ideas and information presented in this book will inspire you and give you great confidence that taking charge of your possessions and your life is not only easy, it is fun, and more rewarding than just buying something new. IT IS EASY AND YOU CAN DO IT!!

"This book presents 18 unique designer-lookalike handbags to sew, and teaches readers how to use

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favorite fabrics, leather, and faux leather to design and make the handbag of their dreams"--

This book is based upon the author's series of lathe projects originally written for Model Engineers' Workshop magazine. When read together, they represent a complete course in model engineering from basic techniques to ambitious projects.

Sewing can be as easy as 1-2-3 with this helpful building-block approach—includes thirty-three projects! In this creative teaching book, craft blogger Ellen Lockett Baker offers a wholly unique approach to sewing: She presents projects in groups of three, each building on the techniques used in the project before. Baker shows, for example, how to sew a glasses case, then build on those skills to create a zippered pouch, and from there, make a more advanced cosmetics bag. There are thirty-three delightful projects in all, ranging from clothing to decor and accessories. This very special ebook includes easy-to-follow instructions, how-to illustrations, and instructions for how to print the patterns, making it an essential resource for beginning and intermediate sewers alike.

Bags are hot, and this collection from Sew News can't be beat! Brimming with 24 beautiful projects, this book packs value like a beach tote packs towels. Now you can carry everything from laptops to wine to diapers in style! See photos of the popular bags from the pages of Sew News. Find complete step-by-step instructions and excellent illustrations from esteemed sewing experts. Alter and embellish your bags to suit any occasion, season or style. Original.

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Comfortable, flattering pants can be challenging to make--but here, David Coffin provides his inventive methods for getting it right. With his characteristic precision and straight talk--and with the help of photographs, drawings, and a series of video sequences on the accompanying DVD--Coffin teaches the reader how to get great results, whether making a showcase garment or an everyday pair.--From publisher description.

Follow Wendy Ward's tutorials to make a capsule wardrobe of 20 classic garments, suitable for any body regardless of gender, age, or body shape. Wendy's style is functional but beautiful basics, and you will learn the skills to make clothes out of both woven and knitted fabrics that are a joy to wear. There are five styles of button-down shirts, sweatshirts, and t-shirts, and three different styles of trousers, jackets, and jumpsuits, all made in versatile fabrics that can be dressed up or down. These are core basics that you'll turn to time and again and all these garments can be worn by any body, regardless of gender, age, and body shape. Suitable for both beginners and more experienced dressmakers, each project has multiple versions from easy to more technically challenging. Plus, there is a comprehensive techniques section covering everything from sewing a fly zipper to making a traditional shirt collar, alongside the fundamentals such as different seam and hem finishes. Patterns for the five basic garments and all the variations to make 20 different designs are included in the book on three pull-out, full-scale, multi-sized pattern sheets. Each pattern covers 10 sizes and there's no need for

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downloading or scaling-up patterns, just trace off the pieces that you need and off you go!

The Complete Fabric Artist's Workshop is a comprehensive source of all the newest and most popular fiber art techniques! It is a compilation of the best of Fabric Art Projects (Creative Publishing international, 2009) and Fabric Art Workshop (Creative Publishing international, 2007). This technique-driven book explores a wide range of new possibilities and materials available to fabric and journal artists. Each unique technique is presented with brilliant photography and step-by-step instructions. Experiments lead to discoveries. Amaze yourself with exciting fabrics you can fashion, using everyday products and the newest materials on the market. Then turn your works of art into a journal, a quilt, a wall hanging, a garment—whatever you desire. The Complete Fabric Artist's Workshop teaches techniques for altering the character and color of fabric to create truly personal pieces. Watch spontaneous designs develop when you try lasagna painting, monoprinting, splash and puddle, and other unique techniques. Burn your silk, rust your cottons, and distress your felt. For each technique, Susan has designed a project that makes the most of your newly crafted fabric. Fuse Angelina fibers into a colorful collage to wrap around plain jars or vases. Send your friends one-of-a-kind fabric postcards made with painted fusible web. Give the dining room cozy ambience with gossamer silk candle covers and monoprinted placemats. Go to work in style with your brayer-printed lunch bag and a quilted, painted folder briefcase. Accessorize an outfit

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with a designer necklace made of unique fabric beads or drape your neck with a to-die-for rust-dyed scarf.

Whether you are an accomplished fabric artist or a novice who's eager to learn, you'll find The Complete Fabric Artist's Workshop extremely helpful and inspiring. Do you feel like you struggle to make time for everything? We are living in a time-poor society, working more than ever and with less time for ourselves and family. The pressures and stress of the obligations we feel we have, often leave us without time to do everything that we would like to. More critically, we lack the time to reflect, review our lives and consider our direction. Time to contemplate if the decisions we are making are going to lead us to a life of purpose or an old age filled with regret. Time for Anything is based on 5 years of research by Craig D Robinson. Using the techniques in this book, Craig went from working in an entry level position to, in just four years: start 2 companies, recharge with 12 weeks holiday a year, start a family, grow and sell his startups and retire at the age of 34. This book shows you how you too can have time for it all.

Capture all your autumn memories in one place! The FALL BUCKET LIST JOURNAL has a 'Contents' page for you to list all your fabulous cooler-weather adventures, and then allows tons of pages to doodle, write, or attach photos. The back of the journal also allows you to list your favorite items completed on your bucket list, lessons learned, and reflections on your autumn journey.

Home is where the heart is... Seven years after

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leaving town and the only girl he loved, Cooper still couldn't forget about Sophia. He had two loves. Music and the woman of his dreams. Coming back home proved that would always be true. But things have changed. Now he has to gain her trust again if he wants to make her all his. The question is, did he lose his chance the first time? Some things are hard to forget... Sophia tried to stop loving Cooper and failed miserably. Despite the way he'd abandoned her seven years earlier, she can't seem to stay away, even though trusting him doesn't prove easy. One careless night could change it all and the secret she carries may ruin any chance of them being together. They say life is all about taking chances. But when opportunities are lost and love comes knocking the second time around, lives are changed forever.

Comfortable, flattering pants can be challenging to make - but they're wonderful to wear. In this book, David Coffin provides his inventive, sure-fire methods for getting it right. With his characteristic precision and straight talk - and with the help of photographs, drawings, and exclusive access to a series of online video sequences - Coffin teaches the reader how to get great results, whether making a showcase garment or just whipping out an everyday pair. For more information and book-related extras, visit <http://makingtrouserswithdpc.blogspot.com/>, David Coffin's blog all about making trousers and

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specifically designed for the readers of this book.

Combining attitude and instruction, projects and inspiration--plus iron-on transfer pattern sheets and a perforated practice stitch card--"Embroider

Everything Workshop" is a complete how-to.

From tissue-fitting pioneers Pati Palmer and Marta

Alto comes a new book whose title says it all: The

Palmer/Pletsch Complete Guide to Fitting: Sew

Great Clothes for Every Body! Fit Any Fashion

Pattern.It's been 20 years since their last book about

fitting and altering sewing patterns, Fit for Real

People. For Palmer and Alto, that means 20 more

years of hands-on learning and experience from

fitting more "real people" of all shapes and sizes

from around the globe. Having long ago dispensed

with tedious measuring or making a muslin to check

the fit of a sewing pattern, the authors have

mastered the process of tissue-fitting. This means

simply "trying on" the pattern's tissue pieces to check

systematically for where to alter the pattern for a

custom fit. The pattern pieces themselves become

the "muslin." "Systematically" means following the

tissue-fitting sequence they've developed and

refined. It's a no-guess order of fitting that ensures

success. The book reinforces this sequence since

the alteration chapters themselves are ordered in the

same sequence. Readers are instructed to start with

length and width, move on to the back, check the

neck and shoulders, all before even considering how

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the pattern fits in the bust. As they work through the pattern, sewers will alter the tissue and try on again until the tissue fits well. The book then instructs how to pin-fit the fabric for a final tweaking before sewing. The book explains all facets of pattern fitting and alteration to give readers the background and guidance they need to achieve a custom fit on any pattern from any company. Instructions include:*

- * Take just one measurement to determine the right pattern size to buy. Find out what to do if you are between sizes or a different size top and bottom.*
- * Make a "body map" with a close-fitting dress pattern to see how you differ from the "standard" on which sewing patterns are based.*
- * Learn from "real people" examples of a variety of bodies and their individual alterations. *
- * Use the book's new "wrinkle dictionary" to identify a needed pattern alteration. "Wrinkles point to the problem," say the authors, and now you can look up the page reference for a solution. *
- * See how age can affect body shape, from preteen to octogenarian.*
- * Take note of the latest sewing techniques for garment details that affect fit, such as darts, zippers and sleeves, for enhancing the look of a well-fitted garment.*
- * Learn basic skills for designing or redesigning for myriad variations using the same pattern.

Throughout the book, step-by step instructions are accompanied by full-color photography and a new style of technical art that is extremely clear. Short captions explain each

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illustration. As a bonus, the authors detail the evolution of ready-to-wear and pattern sizing over the past century, along with their own history in pioneering the art and practice of tissue-fitting.

S.E.W. Sew Everything Workshop : the Complete Step-by-step Beginner's Guide Workman Publishing Demonstrates how to create a tailored jacket with a list of tools, advice on selecting fabrics and patterns, and techniques for constructing and sewing each part of the garment.

Create an entire world of sophisticated projects using one simple skill. Absolutely anyone can sew in a straight line. And with this one skill and some basic guidance, television host and crafty expert Brett Bara demonstrates how you can make custom home decor, stylish fashions, and one-of-a-kind gifts.

Sewing in a Straight Line is a step-by-step guide to creating 28 deceptively simple projects that look like they came from a chic boutique—far more impressive than you would expect for such little effort! These easy-to-make items offer quick gratification that even the busiest among us will appreciate. From a flirty two-hour miniskirt to the cutest plush toys, many of the projects take only a spare afternoon. With Brett's eye for fresh, modern style and her encouraging advice, sewing couldn't be easier. So break out your needle and thread, fire up your machine, and get creative. A world of handmade possibilities is a few easy stitches away!

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Shares information on machine quilting, including the basics of how to set up your machine, time-saving tips, and more advanced decorative stitching.

Walt Johnson has been a rolling stone most of his life, moving from town to town and living on the edges of homelessness. Now he has run out of time as lung cancer has left him only months to live. Walt then begins a quest to find the son with whom he lost contact decades earlier. Out of money, he lands a job at a small-town restaurant in an attempt to save enough to buy a bus ticket to the last known whereabouts of his son. The friends Walt makes at his new job soon become family for him, especially 14-year-old Danny who is emotionally paralyzed at the loss of his own father in Iraq. Faced with Danny's struggles to grow up and the struggles of his other new friends, Walt comes to realize he is not only on a journey to find his own son, but he is on a journey to find himself worthy of being a father.

Make the Most of Your Sewing Machine! Join author Charlene Phillips as you learn all about your new best friend—your sewing machine! From fabric to feet to finished product, you'll be guided through techniques for mastering your machine and using it to perform basic to advanced stitching tasks. Whether you've been sewing for years or just gotten the itch, you'll find invaluable information inside for using your sewing machine to its maximum potential. Learn how to:

- Troubleshoot machine problems like skipped stitches, needle breaks and tension troubles
- Perform basic maintenance on your machine to keep it running smoothly
- Choose fabrics, threads and other materials that will keep your

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machine running at full capacity and result in quality projects • Recognize and utilize the best sewing machine feet to achieve the desired results • Refine everyday tasks from installing zippers to sewing buttonholes and constructing perfect hems • Create beautiful embellishments like scallops, ruches, smocking, pin tucks, cutwork, puffing and entredeux to enhance any sewn project or garment An indispensable reference book to keep next to your machine, inside you'll find quick answers to all your sewing problems. Take control of your sewing machine and achieve wonderful results every time!

Filled with several sewing projects that can be done with no pattern, including a fringed pillow, shoulder bag, and tube top.

Now that you've cleaned out the garage or finally freed up some space in the basement, it's time to start planning your ideal home workshop. Fortunately, this second instalment of the "Home Woodworker Series" has everything you need to create the efficient, safe, clean, and comfortable workspace you've envisioned for working with wood. Start with the workshop planner and use its tool templates and gridded worksheet to lay out a customised floor plan based on your dedicated space. Then follow the guide to decide on other needs for your shop, including flooring options, lighting and heating, dust collection, outfitting with compressed air, and fire safety. The guide also walks you through a garage shop makeover, providing detailed plans for space-saving components like carts, cabinets, and racks. Armed with an action plan based on the guide, you will have all you

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need for setting up the perfect home workshop. Add in tools, a bench, and storage, and you can take your passion to the next level, building projects for the home, family, or to sell.

Showcases over three hundred pieces made out of fabric that aims to express the emotion that the artist attempted to recreate during its creation.

A new edition of the best-selling fabric guide includes all-new updated information on the selection of the best fabrics for a variety of projects and how to make the most of them, including new tips and more than three hundred color photographs.

Follow Wendy Ward's tutorials to make a collection of comfortable and stylish garments. Wendy's style is functional but beautiful basics, and you will learn the skills to make garments out of knitted fabrics that drape beautifully and are a joy to wear. There are t-shirts, wide-leg trousers, lounge trousers, tank tops, cardigans, skirts, and dresses made in versatile fabrics that can be dressed up or down. Both beginners and more experienced dressmakers often avoid using knitted fabrics, but Wendy will show you how to successfully sew them with just a regular sewing machine. You will learn essential skills with the help of a comprehensive techniques section that includes a guide to different types of knitted fabrics and their uses (including jersey, sweatshirt fabric, boiled wool, and many more), how to prepare them for making clothes, setting up your sewing machine, which needles you need, sewing seams and hems, and using elastic. There are also full-size patterns for every garment included at the back of the book, so

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you will have all the information you need to start making your own perfect wardrobe!

"This book teaches everything you need to know about sewing knit fabrics - from choosing patterns to laying out designs, to sewing and adding embellishments and closures"--

The fabric-lover's guide to cloth offers preshrinking instructions and advice on layout, marking, interfacing, and hemming.

Henry is generally well-behaved, but he is occasionally arrogant and vain. Henry is at heart a hard worker, but his frequent bouts of illness hinder his work.

A comprehensive guide to all the basic Tunisian stitches and techniques from the designer behind the crochet blog Poppy & Bliss. Tunisian Crochet Workshop will help you on your way with step-by-step instructions for techniques, including colorwork, shaping, and working in the round. Once you've tried your hand at the workshops, there are also twelve beautiful, contemporary designs to create. With projects ranging from fashion accessories to decorative homewares, there is something for everyone!

Surveys the work of one hundred American and Canadian artists and explores the styles and the variety of textile processes that give contemporary North American embroidery its unique look

A workshop-based guide for novices features 20 projects that introduce a variety of specific skills and techniques from basic stitches and variations to shaping and finishing touches, explaining how to build on initial skills with broader design principles and color choices.

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Original. 30,000 first printing.

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