

Everything you need to know to get started with knitting!



The Complete Beginners Guide to  
**Knitting**

ILLUSTRATED HARDCOVER BOOK

In recent years we have seen a popularity boom surrounding all kinds of crafts. Once the reserve of older generations, hand-knitting skills have taken on a new life as a modern art form and relaxing pastime.

So, from lavish fashion trends to homemade gifts, add a hand-crafted touch to your garments, gifts and decorations with the help of **The Complete Beginners Guide To Knitting**. Start by choosing your yarn and needles before getting to grips with casting on, knitting, purling, ribbing and casting off again. Once you've mastered the essentials, find out how to finish projects with finesse. Next you'll put your newfound skills into practice with a range of creative project patterns that are perfect for newbie knitters. So pick up your needles today, and you'll be an expert in no time at all!

KEY SELLING POINTS:

- Knitting along with sewing and crochet continues to grow in popularity in the UK, USA and Australia.
- With the craft attracting children, students, young adults and the traditional older market.
- It is bringing people of all ages together and is noted as more than a craft.
- It creates strong social interaction among the participants.
- Research has shown that it has strong wellness associations; reducing anxiety, depression, loneliness and slows dementia.
- There is still a strong belief in using written reference material for learning.

**BIBLIOGRAPHIC INFORMATION:**

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