



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

*Leah Lintz*

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**Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm)** Leah Lintz  
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.

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The feeling that you get from Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) could be the more deep you excavating the information that hide in the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to be aware of but Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) giving you excitement feeling of reading. The writer conveys their point in a number of way that can be understood simply by anyone who read that because the author of this book is well-known enough. That book also makes your own vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this particular Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) instantly.

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