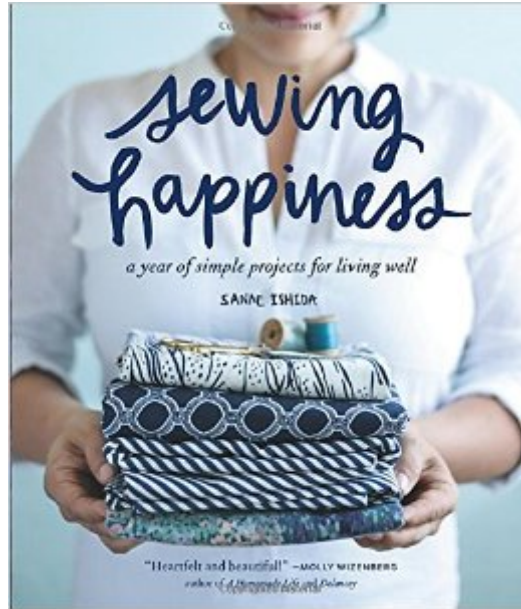


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# Sewing Happiness: A Year Of Simple Projects For Living Well



## Synopsis

Twenty simple sewing projects are tied together with a thread of memoir that tells the story of how sewing brought Sanae Ishida profound happiness. Each seasonal project, specially designed to promote health, creativity, relationships and more, provides gentle inspiration to live your best life. When Ishida was diagnosed with a chronic illness and lost her corporate job, she thought her life was over. But these challenges ended up being the best thing that ever happened to her because they forced her to take stock of her life and focus on the important things, and enabled her to rediscover sewing--her true passion. Inspired to succeed at just one thing, Ishida vowed to sew all of her daughter's clothes (and most of her own) for one year. Sewing Happiness includes 20 projects plus variations (including Japanese-inspired home goods and children's and women's clothing) organized by season, and stitched together with Ishida's charming personal story.

## Book Information

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## Customer Reviews

PROs- flexible & relaxed instructions, sashiko, empowering exploration for beginners  
CONs- too simple for experienced sewers, memoir intrudes  
This book would make a great gift for a beginning sewer, who has started using a sewing machine and isn't sure what to do next. The flexibility of the directions can be confidence-boosting, because she provides alternate ways of doing things and adjustments, compared to other sewing books which proscribe things like "this is how to insert a zipper". The projects are mostly simple, many of which experienced sewers can figure out how to do

without directions, though I found the triangular market bag intriguing to make, and the structure of the cross-back apron a unique approach. A number of the household projects would be good homemade gifts. The projects are mostly small enough to give a beginner a sense of accomplishment:- household items: two pillow covers, market bag, apron, book cover, diy sketch book, camera strap, microwave heating pad, dopp kit, zip pouch, cloth bucket tote, sashiko trivet.- garments: apron, yoga pants (based on pants you already have), starter dress, knit dress, baby top & bloomers, infinity scarf- crafts: floral crown (of felt), cloth fortune cookies. Before the projects there is a brief sewing instruction section which explains tools and techniques such as various kinds of seams, gathering, stitches to use for knits, using a twin needle to simulate a serged edge, and so forth; mostly beginner information, but I did learn a few things. And each project itself is a skill-builder of various techniques.

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