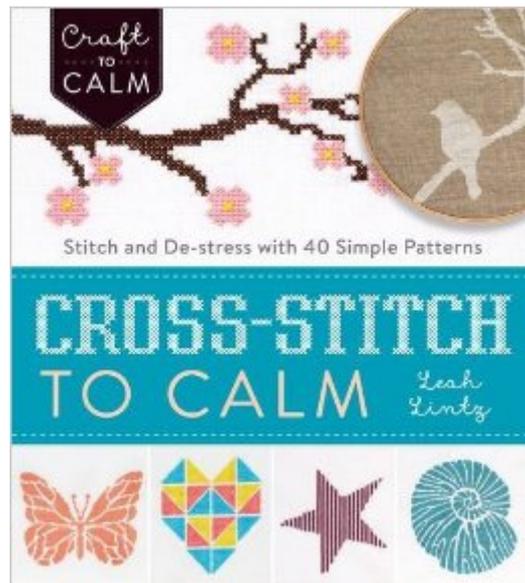


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# Cross-Stitch To Calm: Stitch And De-Stress With 40 Simple Patterns (Craft To Calm)



## Synopsis

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.

## Book Information

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## Customer Reviews

I'm being generous with 4 stars. I'm an expert stitcher so almost all of these patterns are not interesting to me, not enough of a challenge. But I don't want to diss this book just because it's too easy for me. On the other hand, this book is geared toward raw beginners and as such it is really sparse on directions. First: don't I have to worry about my fabric edges unraveling? How do I prevent my floss twisting? If 14-count aida is the most commonly used embroidery fabric, why is every project stitched on 28-count evenweave? Some projects require fractional stitches which can only be made when stitching over 2 threads...but what are these doing in a book that is supposed to be easy and calming? Second, some of these projects require a LOT of counting which is very tedious and not in a soothing way. Just because a project calls for only 1 color of floss does not make it easy. For example, the Bonsai tree has a stitch count of 214 by 116. If you don't know, 214

stitches is over 15" long on the fabric. It would be one thing if these stitches were in straight lines but the branches are very twisty and asymmetrical. The counting for a new stitcher might be very frustrating. Also, the stitch diagrams leave something to be desired: for some reason I can't figure out, you can make horizontal rows of cross stitches by making one leg of each stitch going right or left and then finishing each cross on the way back. These are much more even than if you made each stitch separately. But you cannot use this method vertically. For some reason, the stitches are elongated and don't provide the correct coverage. The author, however, says you can cross-stitch in any direction.

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