

Crafts that Raise Your Spirits Resource List

Websites

Why Crafting is Good For Mental Health <https://www.treehugger.com/why-crafting-is-good-for-mental-health-4867977>

How to Knit – Absolute Beginner Knitting, Lesson 1 – Even if You’re Clueless!
<https://www.treehugger.com/why-crafting-is-good-for-mental-health-4867977>

Ten Quilling videos <https://www.allthingspaper.net/2020/03/how-to-quill-10-favorite-quilling-videos.html>

Adult Fiction

Unraveled Kingdom Series: Torn and Fray Rowenna Millier

Spin the Dawn Elizabeth Lim

Apart at the Seams Marie Bostwick

Between Heaven and Texas Marie Bostwick

The Goodbye Quilt Susan Wiggs

The Oysterville Sewing Circle Susan Wiggs

Knitting Anne Bartlett

The Friday Night Knitting Club Kate Jacobs

The Shop on Blossom Street Debbie Macomber (book 1 in the Blossom Street Series)

The Postman Always Purls Twice Anne Canadeo

Close Knit Killer Maggie Sefton

Assault with a Deadly Glue Gun Lois Winston

Elm Creek Quilt Series Jennifer Chiaverine

A Quilt for Christmas Sandra Dallas

The Patchwork Bride Sandra Dallas

Adult Non-Fiction

Quilled Animals Diane Boden 745.51

Fat Quarters Lark Crafts 746.47

Knitting 101 Carri Hammett 746.43

Sewing Happiness: A Year of Simple Projects for Living Well Sanae Ishida 646.2

Little One Yard Wonders Rebecca Yaker 646.2

Young Adult

Boys Don't Knit (in public) Tom Easton

Children Picture Books

A Friendship Yarn Lisa Moser

Tiny and Hercules Amy Schwartz

Children's Non-Fiction

Cool Knitting for Kids Alex Kuskowski 746.43

Get Quilting with Angela and Cloe Angela & Cloe Walters 746.46

Super Simple Sewing for Kids Rosa Curto 746.4