



Love in Every Stitch: Stories of Knitting and Healing

Lee Gant

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In her inspiring book, *Love in Every Stitch: Stories of Knitting and Healing*, master knitter, teacher, and widely published knitwear designer Lee Gant shares real-life stories about the power of knitting.

As an employee of three different yarn stores, a teacher of countless knitting classes, and a volunteer with at-risk youth, Lee has had the opportunity to gather diverse stories.

The stories Lee shares about herself and fellow knitters from around the world illustrate how each stitch and purl can comfort and calm, heal and renew. A suicidal teenager crochets through pregnancy. A dying woman finds comfort in the company of knitters. A woman finds the courage to face her estranged parents. A woman going blind realizes she can still knit — and experience life. And Lee's life, riddled with more than just anxiety, has at last become stable and productive. This book includes stories of women, men, and teens who have experienced profound change and enlightenment through knitting and crochet.

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