



LAURA ZANDER

Knit Red: Stitching for Women's Heart Health

Laura Zander, Deborah Norville (Foreword)

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Gorgeous knitwear--that does good, too! The knitting community has always come together to support a great cause, and *Knit Red* once again attests to knitters' generous, giving spirit. These 30 beautiful red-themed projects help raise awareness of the number-one killer of women today: heart disease. The patterns are all donated by top designers, including Debbie Stoller, Nicky Epstein, Debbie Bliss, Norah Gaughan, Deborah Newton, Melissa Morgan-Oakes, Iris Schreier, Jared Flood, and Ysolda Teague. In addition, the book offers important medical information, a Heart Healthy Resources and Action Plan, and powerful stories from survivors of this deadly ailment.

Knit Red: Stitching for Women's Heart Health Details

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Author : Laura Zander , Deborah Norville (Foreword)

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From Reader Review Knit Red: Stitching for Women's Heart Health for online ebook

Jill says

Preface: I work for this company (Jimmy Bean's Wool), so I may be a little bit biased.

HOWEVER. This book is great because of the cause (women's heart disease), but also because the variety of patterns is fabulous. Everything is clear and concise and beautifully illustrated. If you knit, you'll want this book.

Simone says

love this book - great patterns

Leslie Jem says

Checked this out from the library in order to preview it before purchasing it. I really liked it and look forward to adding it to my personal library!

Melissa says

Great patterns and fantastic photographs!

Sara says

Book of interesting patterns - wouldn't knit them in red, but that's OK!

Rachel says

Not a whole lot of variety in style and definitely not a beginner's book but has some nice patterns.

Slmstanley says

Some good-looking patterns (though the proof is in the pudding, and I haven't yet knit any of them), but there was entirely too many pages devoted to 'eat a healthy diet and exercise'. I picked this book up for

knitting patterns, not lifestyle advice. :/

Margaret says

Love this book....and red isn't even my favorite color! The patterns are beautiful, and a great cause too. There are several patterns I can't wait to try!

Jenn says

Ok, so a bit of a disclaimer: I work for Jimmy Beans Wool. Laura Zander is our owner and this is our book. It includes patterns designed by our very own 'beans', ('employees' for you non-initiates!) Kristen and Jeanne.

I'm usually not one for pattern books because often there are only 1 or 2 patterns that I like and would actually knit. I usually prefer to buy my patterns individually instead. This book would have been different for me even if I didn't work for JBW -- most of the patterns are stuff that I would actually knit and wear. I really enjoyed learning about how the different designers were affected by heart disease and being able to put a face to familiar names. Plus, some yummy recipes!!! On top of that, a portion of the proceeds go to a good cause - The Foundation for the National Institutes of Health in support of the Heart Truth.

First up on my list of projects from this book will be Kieran Foley's stole, Kristen's bag, and Jared Flood's mittens! Friends and family, expect Knit Red Christmas gifts!

Tricia says

Nice book. I didn't add any of the projects to my queue, but fun to look through.

Lee-Anne says

Such an awesome pattern book! Terrific designers and very enticing things to knit included in this beautifully presented book. I will definitely be making a number of them. The information about heart health is well laid out and useful, but to be honest, I'm more interested in the patterns. The designer autobiographies are well written... not always the case! The patterns vary in level of difficulty and there are enough easy (but not rank beginner) patterns to keep most knitters excited.

I was sent a copy of this book through Goodread's First Reads.

Dana Wright says

This book caught my eye immediately! The photos are lovely, the patterns clear and what a selection of projects! They are by some of the world's best designers. Grab a copy today and see for yourself. You will

find it a must have for your collection.
