



Knit for Health & Wellness: How to knit a flexible mind & more...

Betsan Corkhill

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Betsan Corkhill's book will transform the way you think about your health, wellness and knitting. It rises above other self-help books because it provides an accessible tool which gets you actively involved in improving your health and wellbeing and shows you how to do this any time, anywhere. It quite literally puts the power in your hands. Discover – * What knitting has in common with the leading edge of neuroscience * The secret power of your hand movements and their influence on your brain * How knitting naturally brings about a state of mind that doctors the world over are eager to encourage * How knitting can be used as a tool to help anyone, including those with complex health conditions * How knitting helps to erase your social concerns to build strong support networks and communities * How knitting can help you beat loneliness to feel belonged, enjoy fun and laughter and easy banter * How Therapeutic Knitting can kick start a healing process. Learn how to – * Knit therapeutically * Choose the needles and yarn to maximise the benefits to you * Recognise the power and value of different types of project and when to best use them * Use Therapeutic Knitting to improve your wellbeing – entirely within your control, any time, anywhere. Betsan shares her knowledge of using Therapeutic Knitting clinically and integrates this with recent research, her medical knowledge, data from a survey of over 3,500 knitters from 31 countries, and numerous stories sent to her from knitters around the globe. Her writing style makes this an easy, enjoyable read whilst at the same time conveying valuable neuroscience, research and knowledge which will improve your life. Betsan is the recognised world expert on the use of Therapeutic Knitting for improving health, wellness and managing illness. She has pioneered this research since 2005. “Betsan Corkhill, who is clinically trained in physiotherapy, has led the field in supporting the use of knitting and other crafts in therapeutic clinical practice.” Professor Trisha Greenhalgh OBE. You will discover that what actually goes on behind the ‘K’ word is complex and exciting in many ways. The information shared opens up an exciting accessible new way of approaching health, wellness and ‘being well’. “Under Betsan’s guidance, the Stitchlinks group of patients with serious lifelong pain conditions who could have sunk in the misery and isolation brought about by chronic pain, contradicted all expectations. Needles clickety-clacking away, relentless banter and laughter, pain banished – at least for now.” Paul Harvard-Evans, Award-winning radio producer. Producer of Airing Pain for the charity Pain Concern “Betsan has squeezed her formidable experience and startling journey into a book. On reading it, you will be reminded of the unexampled magnificence of your brain and the splendid simplicity of knitting it to good health. On one level it is seductively simple - there is no doubt that without a brain, one could neither knit, nor hurt and it really does seem that doing the former reduces the latter. But Betsan’s book is about so much more than knitting and pain. It is about embracing the complexity of how and why our brain produces experiences. It is about making things, giving things, sharing things, while you make your own journey to recovery. I suspect you will have a rewarding trip.” Professor Lorimer Moseley, Professor of Clinical Neurosciences and Chair of Physiotherapy at The University of South Australia

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