



Sewing Happiness: A Year of Simple Projects for Living Well

Sanae Ishida

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Twenty simple sewing projects are tied together with a thread of memoir that tells the story of how sewing brought Sanae Ishida profound happiness. Each seasonal project, specially designed to promote health, creativity, relationships and more, provides gentle inspiration to live your best life.

When Ishida was diagnosed with a chronic illness and lost her corporate job, she thought her life was over. But these challenges ended up being the best thing that ever happened to her because they forced her to take stock of her life and focus on the important things, and enabled her to rediscover sewing--her true passion.

Inspired to succeed at just one thing, Ishida vowed to sew all of her daughter's clothes (and most of her own) for one year. *Sewing Happiness* includes 20 projects plus variations (including Japanese-inspired home goods and children's and women's clothing) organized by season, and stitched together with Ishida's charming personal story.



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