



# Zen And The Art Of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity

*Bernadette Murphy*

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## **Zen And The Art Of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity**

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This book explores what, arguably, everyone's grandmother always knew, that when passionate knitters become one with the craft, amazing things can happen. In *Zen and the Art of Knitting*, Bernadette Murphy explores how knitting fits into the larger scheme of life itself as meditation, creative expression, a gift to express love, a way to connect, and much, much more.

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