



Knit Red: Stitching for Women's Heart Health (Stitch Red)

By Laura Zander



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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.



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Editorial Review

About the Author

Laura Zander is the founder of the online superstore jimmybeanswool.com and an avid knitter who has partnered with the Heart Truth Foundation to raise awareness and money to fight the #1 killer of women.

Users Review

From reader reviews:

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