



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.

Sewing Happiness: A Year of Simple Projects for Living Well Details

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Author : Sanae Ishida

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From Reader Review Sewing Happiness: A Year of Simple Projects for Living Well for online ebook

Linda Smith says

Lovely book and the projects look easy to do

Emily Rose says

One of the few sewing/craft books with accessible and practical projects. No reupholstering chairs and lamps here. Fun, simple projects that anyone can try. Also the author's personal story that is told before each season of crafts was relatable and encouraging. Would purchase.

Penelope Lennon says

I love how she blends her life experiences in with home sewing. Very inspirational

Christine says

A beautiful book, the author's story of how she healed herself and bounced back from sickness and a lay off from a job that took over her life by eating well, exercising and creating was inspiring. She seems like a great person. However the sewing projects at the back of the book don't come with any patterns, we're expected to trace off an existing pair of yoga pants or dress to make these pieces for example. That's much too loosey-goosey for projects that come from a book for me, sorry!

Helen says

Great! Simple ideas that I want to do. When I get the time.

Juli Anna says

This was actually a decent collection of beginning sewing projects, framed around one of those "I saved my [health/family/career/life] with [crafting/veganism/DIY body products]" stories we are so familiar with from blogs nowadays. Probably only useful for super beginner sewists, but worth a gander if you fit the bill.

Danielle says

Full of simple and useful or fun first projects. Sticking with similar fabric choices is key to achieve the looks used - and strong temptation to splurge on Nani Iro fabric.

A good reminder about the importance of actively making an effort to care for your health. It's nice to know that even baby steps (walking 10 minutes a day, for example) can make a difference.

This book exposed me to "quotidian" for the second time in my life. My first exposure to this word was only last week in Tim Gunn's book. Did Sanae get it from him? Do people who live in major urban areas use this word all the time?

Colleenish says

Beautiful fabrics. A couple of things I would like to make.

This book centers around the author getting sick with the same thyroid condition I just developed, so that was relevant to me. Also it's the second book I'm reading about someone changing their lifestyle because of sickness.

Maegan says

I've read several sewing books this year. I haven't been totally pleased until now! I must have put this on hold and forgot about it, I started reading it when it was auto downloaded for my kindle. I think I was interested in the embroidery specifically... And I LOVED the description of "less correct" rather than "wrong". What a positive and helpful way to learn. There was more writing than I felt absolutely necessary, but its a cute book.

Ann Daggett says

A sweet book that brings peace as you read it. It is an easy read and the sewing projects are lovely.

Kaaren Matthewson says

thank you so much for sharing your story Sanae, it is a timely reminder to stop this fast paced life and enjoy the simple things and our loved ones. lovely projects with well described patterns, I am looking forward to making several.

Kim says

I picked up this book from the library on a whim, as I had left the list of sewing books I wanted to check out in the car (and was way too lazy to walk back out there to get it). I loved the set up to this book, it's divided into seasons with photos of the projects and stories to go along with them. At the back of the book, it has the instructions for each project. I am excited and invigorated by Sanae's storytelling and giving us all permission to sew without perfection.

Sandra says

Seems lovely, and her personal story, which she writes about in this book, is inspiring, but will add a rating after I've actually made things from the book.

Laura says

some great simple come back to ideas for projects/gifts for a wide range of occasions and people.

Marisa says

Library Request. Excellent reference guide, for a number of items.
