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## Knit Red: Stitching for Women's Heart Health

By Laura Zander, Deborah Norville

Sixth and Spring Books. Hardback. Book Condition: new. BRAND NEW, Knit Red: Stitching for Women's Heart Health, Laura Zander, Deborah Norville, 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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