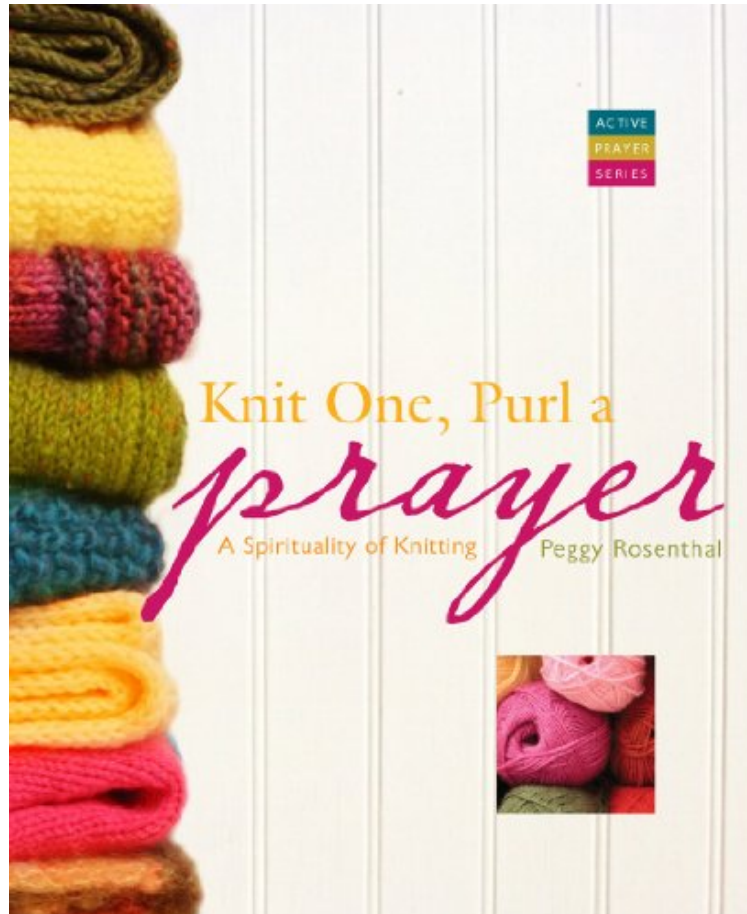


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## Knit One, Purl a Prayer: A Spirituality of Knitting (Active Prayer)

*Peggy Rosenthal*

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**Peggy Rosenthal : Knit One, Purl a Prayer: A Spirituality of Knitting (Active Prayer)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Knit One, Purl a Prayer: A Spirituality of Knitting (Active Prayer):

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This new spirituality of knitting addresses topics such as knitting as a popular pastime, what knitting does for our minds, bodies, and spirits, and how knitting helps people reduce stress, overcome loss, form friendships, and connect with a community. Most important, the author shows readers and crafters how knitting can become prayer.

About the Author Peggy Rosenthal has a PhD in Literature and has published many books and articles on spirituality

and the arts, including Praying through Poetry. She is the director of Poetry Retreats, a nationwide arts ministry, and blogs on spirituality and the arts for Image journal. And, yes, she is a daily knitter.