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by Sanae Ishida : **Sewing Happiness: A Year of Simple Projects for Living Well**

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PDF-32939 | 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 o... *Sewing Happiness: A Year of Simple Projects for Living Well*

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