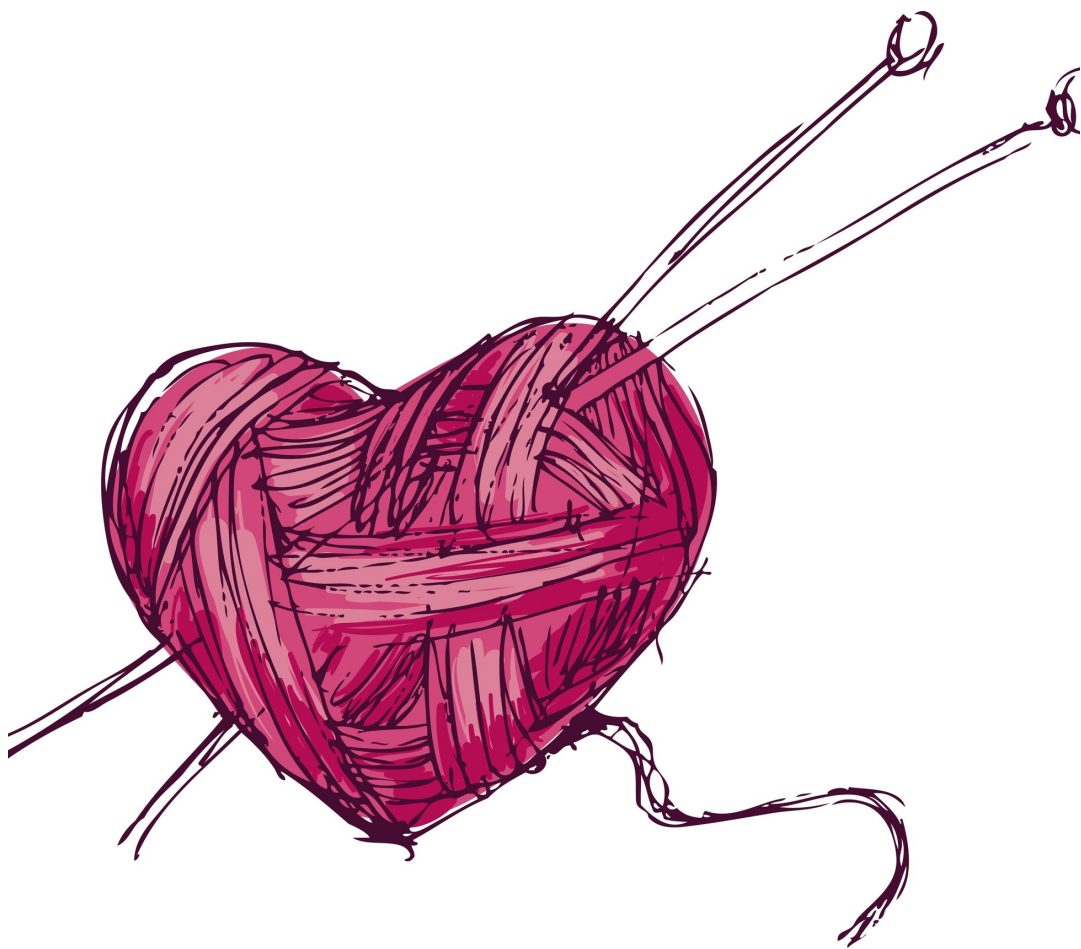


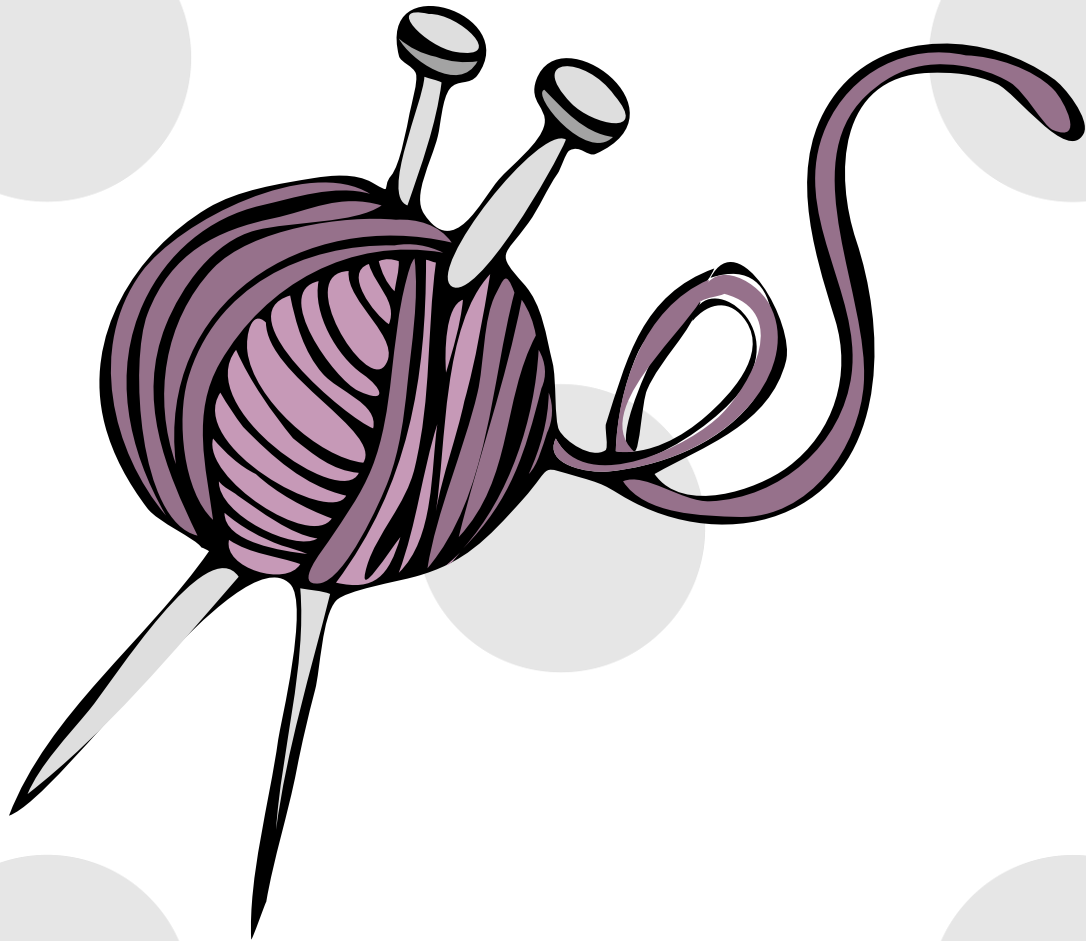
# Knitting therapy PROJECT JOURNAL



FREE PLANNER BY *Manuela Cecchetti*

# Knitting therapy

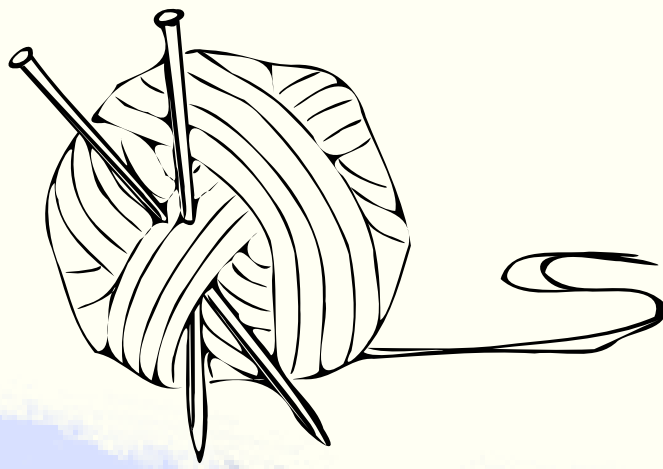
## PROJECT JOURNAL



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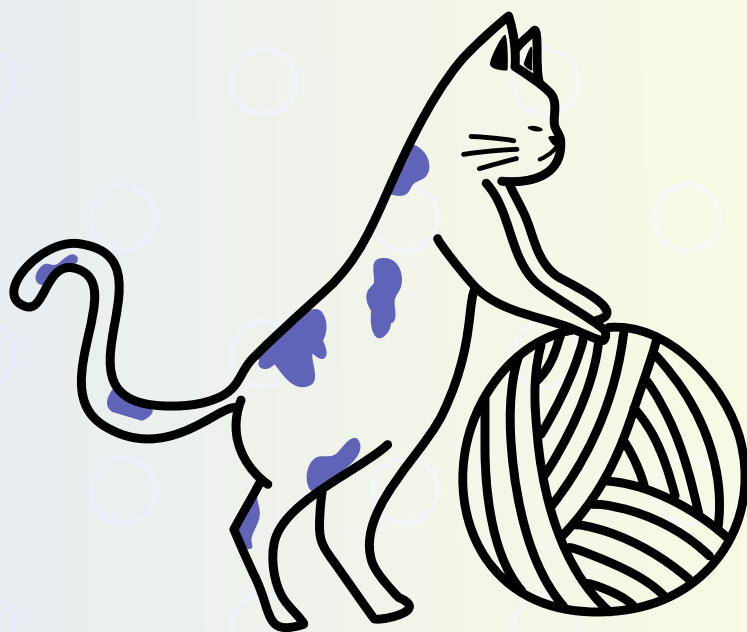
# Knitting therapy

## PROJECT JOURNAL



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# Knitting therapy PROJECT JOURNAL



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*I knit so*  
I DON'T KILL  
PEOPLE

*It's all fun  
and games*

UNTIL I LOOSE  
MY STITCH COUNT

*If I knit faster*

DOES IT COUNT  
AS CARDIO?

*housework*

*is for those*

WHO DON'T KNOW  
HOW TO KNIT