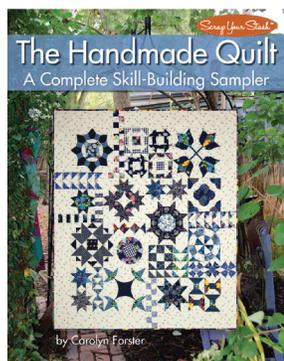


## Hand Stitch Your Way to Creativity with Quilt Teacher's Ultimate Guide on Handmade Quilts

*The Handmade Quilt: A Complete Skill-Building Sampler*

By Carolyn Forster



**East Petersburg, PA**—Students often ask quilting teacher Carolyn Forster, "Will my quilt be strong enough if I quilt by hand?" And her response is an excitable "Yes!" She explains, "Hand stitched quilts have survived over a hundred years and repairs are just as easy as if you machine stitch."

In her new book *The Handmade Quilt: A Complete Skill-Building Sample*, Forster shares her experiences and tips for creating long-lasting hand-stitched quilts. Using 15 blocks, she carefully guides

quilters through the process of creating heirloom-quality quilts with beautiful samples of stash-busting blocks. Quilters looking to get lost in thoughts and unwind with the therapeutic rhythm that comes from handstitching will be in good hands with Forster's definitive guide on creating handmade quilts. With over 15 years of teaching experience, master teacher Carolyn Forster explains the basics and then progresses to more intricate techniques with each new block.

The book, published by Landauer Publishing and distributed by Fox Chapel Publishing, launches May 2018 and responds to a cultural trend in the quilting world. Slow stitching has quickly gained popularity as quilt makers have recognized its benefits such as creative inspiration and enjoyment of the process.

"Learning to hand piece your patchwork can open up personal time and space that is often needed with today's frenetic lifestyles," says Forster. "As you stitch you build up a rhythm of working and with that, it is easy to let thoughts wander and distill. It gives you a chance to get lost in your thoughts and let go of stress as you focus on the task at hand. It's a therapeutic benefit and quite often a new creativity is born."

### About the Author

Carolyn Forster started quilting as a girl, and it has since then become an integral part of her life. She has been a teacher for over 15 years and her quilt projects have been published in a number of books and magazines. Her books, *Quilting-on-the-Go*, *Utility Quilting*, and *Quilting-on-the-Go Taking It Further*, help make patchwork and quilting easy and accessible to quilters of all skill levels. Carolyn and her family live in Tunbridge Wells, Kent, UK. Visit [carolynforster.co.uk](http://carolynforster.co.uk) to learn more.

“

Learning to hand piece your patchwork can open up personal time and space that is often needed with today's frenetic lifestyles.”

—CAROLYN FORSTER



*The Handmade Quilt: A Complete Skill-Building Sampler*

Carolyn Forster

144 pages pages; Softcover

Series: Scrap Your Stash

Publisher: Landauer Publishing

ISBN: 978-1935726968

SRP: \$24.95

Release: May 2018

