

# Stitching the Self: Identity and the Needle Arts



## Stitching the Self: Identity and the Needle Arts

by Alice Snape

★★★★★ 5 out of 5

Language : English  
File size : 12089 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 224 pages  
Screen Reader : Supported



### By Sarah K. Benning

In this groundbreaking book, acclaimed author and needle artist Sarah K. Benning explores the profound connection between stitching, identity, and self-discovery. Through personal narratives, historical insights, and practical exercises, *Stitching the Self* invites readers to delve into the transformative power of needle arts and discover the unique ways in which they can shape our sense of self.

Drawing on her own experiences as a needle artist, Benning weaves together a rich tapestry of stories that illuminate the ways in which stitching has been used to express identity, heal trauma, and connect people across cultures and generations. From the intricate embroidery of traditional garments to the subversive stitchery of contemporary artists, Benning reveals the hidden narratives that are stitched into every thread.

Through engaging exercises and prompts, *Stitching the Self* provides a practical guide for readers to explore their own identities and experiences through the medium of needlework. Benning encourages readers to experiment with different techniques, materials, and motifs, and to use their stitching as a way to express their innermost thoughts and feelings.

Whether you are a seasoned stitcher or a complete beginner, *Stitching the Self* is an invitation to discover the transformative power of needle arts. This book will inspire you to embrace your creativity, connect with your heritage, and stitch a unique and meaningful story of your own.

## **Reviews**

"Sarah K. Benning's *Stitching the Self* is a must-read for anyone interested in the intersection of art, identity, and self-discovery. Through her personal narratives, historical insights, and practical exercises, Benning invites us to explore the transformative power of needle arts and discover the unique ways in which they can shape our sense of self. This book is a treasure trove of inspiration and guidance for anyone who seeks to use their creativity to connect with their true selves."

— **Amy Herzog, author of *Knitting as a Spiritual Practice***

"*Stitching the Self* is a beautifully written and deeply insightful book that explores the profound connection between needlework and identity. Sarah K. Benning's personal stories and historical examples are both inspiring and thought-provoking, and her practical exercises provide a valuable guide for anyone who wants to use needlework as a tool for self-discovery. This book is a must-read for anyone who is interested in the power of creativity to transform our lives."

— **Gwen Diehn, author of *Quilting and the Art of Memory***

"Sarah K. Benning's *Stitching the Self* is a groundbreaking book that explores the transformative power of needle arts. Through her personal narratives, historical insights, and practical exercises, Benning invites us to delve into the hidden narratives that are stitched into every thread. This book is a powerful reminder of the ways in which our creativity can connect us to our heritage, our communities, and our true selves."

— **Jennifer Rosner, author of *The Yellow Bird Sings***

### **About the Author**

Sarah K. Benning is an acclaimed author, needle artist, and educator. Her work has been featured in numerous publications, including *The New York Times*, *The Washington Post*, and *Vogue*. She is the author of several books on needlework and creativity, including *The Art of Mindful Embroidery* and *Stitch by Stitch: A Memoir of Creativity and Connection*.

Benning is also a passionate advocate for the use of needle arts as a tool for self-discovery and healing. She has taught workshops and retreats around the world, and her work has been featured in major exhibitions, including the Smithsonian National Museum of American History and the Victoria and Albert Museum. Benning is a recipient of the prestigious MacArthur Fellowship, and she is currently a professor of art at the University of California, Berkeley.

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