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Sommario/riassunto	<p>30 step-by-step, chunky knit projects using the hottest needle-free trend: arm knitting. It's fast, it's easy, and it's fun. Arm Knitting features 30 guided projects for head-to-toe wearables, accessories, and cozy home goods. Each project is needle-free! Although you could create the same stitches and the same techniques with regular knitting, arm knitting gives you bigger stitches, and thicker yarns allow for more rapid results. Using just your arms, you can create your own chunky, beautiful knit goods by following the photographic instructions! Let the photography inspire you as you work through each project, whether you want a scarf for the winter, a new wreath for your door, or a blanket for your bed. From choosing yarn, to weaving in ends, to sewing pieces together, Arm Knitting guides you every step of the way. Perfect for those who don't know how to knit, this needle-free technique is suitable for beginners, giving you beautiful results in hardly any time at all.</p>