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***Beading for the Soul: Inspired Designs from 23
Contemporary Artists***
Deborah Cannarella

Loveland, Colo.: Beading is relaxing, meditative, and even healing for many people. ***BEADING FOR THE SOUL: INSPIRED DESIGNS FROM 23 CONTEMPORARY ARTISTS*** (Interweave Press, \$21.95) takes these aspects of the craft to a deeper level as it looks at how beading can be used as a tool for beaders and artists interested in imbuing their work with meaning.

The 26 projects in the book range from necklaces and bracelets to wall hangings, bags, an heirloom box, and even a mobile. Each piece has a distinct focus and specific purpose that is elaborated on by its designer, who writes about the significance beading plays in his or her life.

A wide range of techniques is offered for beadworkers, with some as basic as knotting, seed beading, peyote stitch, brick stitch, ladder stitch, and bead embroidery stitches. More specialized techniques include bead weaving, beading on screen, and painting on glass. Step-by-step instructions are included for each project along with color photos and illustrations, a glossary of beadworking techniques, and a biographical listing of the invited designers.

The designs are divided into chapters focusing on protection, healing, strength, good fortune, prayer, bonding, and remembrance. For some, beading can be a source of strength or protection. Others bead for the process, which offers them the opportunities for remembrance or for bonding and engaging in the beading community. Exploring these parallels between beading and mindfulness, this book will instruct the reader how beading can be a tool for contemplation.

Beyond the projects inside, this guide also looks at the history of how beadwork has played an important part in people's belief systems and religious practices. Even today, contemporary beadwork artists—motivated by their own personal belief systems and stories—are creating their own sacred objects. ***BEADING FOR THE SOUL*** presents a brief survey of traditional beads and beadwork among African, European, Oceania, Asian, and Native American people. It then presents the original artwork of contemporary American beadwork

artists who are creating objects that are prompted by the same powerful impulses and that have equally deep significance.

No matter what a person believes about the power of beads—their protecting or healing abilities, their ceremonial or cultural significance, or just their beauty as personal adornment—**BEADING FOR THE SOUL** offers great projects that are sure to inspire an artist's own creativity and self-expression.

BEADING FOR THE SOUL: INSPIRED DESIGNS FROM 23 CONTEMPORARY ARTISTS

by Deborah Cannarella

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80 color photographs • 100 color illustrations

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About the Editor: Deborah Cannarella is one of the founding editors of *Threads* and former editor of *PieceWork*. She has been crafting for more than 20 years and is the author of several historical biographies for children, including volumes on Zora Neale Hurston, James Baldwin, and Harry S. Truman. Deborah lives in Roxbury, Connecticut.

About the Designers: Many of the featured designers in *Beading for the Soul* are well-known bead artists, teachers, and authors, including **Eleanor Wiley**, author of *A String and a Prayer* (Red Wheel/Wieser, 2002); **Diane Fitzgerald**, author of *Netted Beadwork* and *Beading with Brick Stitch* (Interweave Press); **Helen Banes**, author of *Fiber and Bead Jewelry* (Sterling/Chapelle, 2000); and **Donna D'Angelis Dickt**, author of *Designer Beadwork: French Beaded Designs* (Sterling/Chapelle, 2005). Other designers--such as **Julia Pretl**, **Sage and Tom Holland**, **Stephanie Sersich**, and **Laura Jean McCabe**--have been featured in leading beading and jewelry making magazines, including *Beadwork*, *Ornament*, and *Lapidary Journal*, and have been included in beadwork collections such as *500 Beaded Objects* (Lark, 2004) and *1,000 Glass Beads* (Lark, 2004). **Susan Guagliumi's** articles and designs have appeared in *Threads*, *Handmade*, and *Vogue Knitting*.

About Interweave Press: In business since 1975, Interweave Press publishes magazines and books related to fiber, thread, needlework, and beads. Throughout Interweave's evolution, its publications have focused on natural materials and processes, a respect for doing, and an appreciation of the fine, simple things in life. Interweave publishes six magazines including *Beadwork*, *Handwoven*, *Interweave Knits*, *PieceWork*, *Spin-Off*, and *Fiberarts*. Interweave is dedicated to creating a resource for its readers to find the best information in their field of interest, the latest news, the best products, the newest techniques, and the history behind the techniques.

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