

Une Cecilie Oksvold

## UNE CECILIE'S HAPPY KNITS



Original title: *Fargerik turstrikk*

*Varme turgensere og kreativ småstrikk*

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**Step into Une Cecilie's world, where nature is her mental sanctuary, and vibrant knitwear enrich the outdoor experience.**

The book includes 11 unique sweaters and 12 small knits suitable for both big and small adventures. With colorful sweaters, creative accessories, and fun zero-waste projects, *Une Cecilie's Happy Knits* has something for every taste and skill level.

The book serves as inspiration in multiple ways, not only to bring color and joy to everyday life with vibrant and practical knitwear, but also to offer hope for finding back to yourself when life takes its toll. Through small anecdotes, Une Cecilie shares the moments that has inspired the garments.

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## Une Cecilie Oksvold

Une Cecilie Oksvold is an outdoor enthusiast passionate about highlighting how nature and creativity through knitting can impact mental health, drawing from her own struggles with anxiety and depression. She inspires her over 95,000 Instagram followers (@unececilie) to connect with nature. Knitting has been a therapeutic constant in her life, leading to her latest venture, the book *Happy Knits*.

