

Une Cecilie Oksvold

HAPPY KNITS 2



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Happy knits 1:

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Step back into Une Cecilie's colourful world, where knitting and outdoor life come together in playful and inspiring ways.

The follow-up to the successful Happy Knits features more than 20 new patterns for sweaters, hats, balaclavas, mittens and accessories for adults, children and dogs.

Inspired by walks through forests, mountains and the ever-changing Norwegian landscape, Une Cecilie blends traditional knitting techniques with bold colours and modern outdoor style. Each design carries its own story, shaped by moments in nature and everyday adventures.

The book also shares Une Cecilie's personal story of the loss of her beloved dog Juster and the new life growing inside her. As grief and pregnancy unfolded side by side, knitting, colour and nature became a source of calm, focus and mental clarity.

More than a knitting book, this is a celebration of mindfulness through creativity, time spent outdoors and the simple joy of making something beautiful by hand.

A beautiful interweaving of knitting, experiences in nature and the great leaps we take in life.

Peder Kjøs, psychologist and author, About *Happy knits*

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 120 000 Instagram followers (@unececilie) to connect with nature. Knitting has been a therapeutic constant in her life, leading to her latest venture, the books Happy Knits.

