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Joan Langevin Levack of Berwick Weaving Co./Canada on Facebook

'Another book suggestion. This one is terrific - "Stitch Your Brain". Not only did publisher JapSamBooks create a stunning and pleasingly tactile physical object, but Monika Auch has with [#stitchyourbrain](#) done something really special.

The back blurb states: "Stitch Your Brain" is a long term study into the intelligence of the hand by artist and former medical doctor Monika Auch. The book reflects the results of the empirical study Auch worked on from 2013-2023. It argues the importance of creating with your hands in the digital age and documents the positive effects of slow making on neuro cognitive learning and well being. The detailed images of a collection of 100+ stitched brains created by participants and their personal comments are in fact a tactile, textile multitude of intimate self-portraits. They illustrate the influence of medical image making on body identity and brain awareness. From a wider point of view they are a dynamic documentation of changing visions and concerns on global issues throughout a decade.

I have spent a couple of hours with it and know already it has sparked me. There are loads of great reference notes and I've been googling all afternoon. Shout out to participant Joe Lewis for making me aware of the book, and for that arresting image of his brain....

