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For Immediate Release:

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Weaving a Woman's Life: Spiritual Lessons from the Loom

BY Paula Chaffee Scardamalia

A perfect book for Easter and Mother's Day. "Weaving a Woman's Life: Spiritual Lessons from the Loom" is about rebirth, reconnection and relationship with ourselves, our mothers and our community. What better time to hear the author's wisdom on how we can have a more fulfilling life.

Paula Chaffee Scardamalia shows us the lessons she has learned from her more than twenty years of weaving on the loom. Along with her professional writing career, Paula developed her own business "Nettles and Green Threads." Paula creates luxurious and colorful hand-woven rayon chenille throws, pillows, and wearables.

Her work has been sold in galleries across the country such as the Smithsonian's Renwick Gallery, and the Purple Sage Gallery in Santa Fe. Her limited edition and one-of-a-kind work is in private collections, including actress Jane Seymour. Paula lives with her husband in upstate New York.

I know you are probably saying to yourself, what does weaving have to do with my life. Weaving is a strong metaphor for understanding how to integrate into our lives the issues that seem to want to pull us apart. It's not about either/or but about integration. Weaving is one of the oldest crafts, older even than knitting, and weaving touches our lives and enters our language every day. That white linen blouse or oxford shirt you put on today to come to work is probably woven. The sheets on your bed and your towels are probably woven. The terms "weave", "weaves through", and "weaving" are daily used to imply an integration of elements. Even our computers are direct descendants of the Jacquard loom.

Another answer is that weaving is an apt and active metaphor for understanding a woman's life. Come join the author on this journey of weaving magic and wisdom into one's life. This book will show you:

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- **The importance of quality tools, physical and spiritual**
- **Why solitude, silence, and space are necessary**
- **How to find freedom in limitations**
- **Create the vision through intention and perspective**
- **Work with what we have**
- **Transform loss into life**
- **Wear life with beauty and pride**
- **Mentor the daughters of our hearts**

“Weaving a Woman’s Life: Spiritual Lessons from the Loom, by Paula Chaffee Scardamalia, Pub. April, 2006, Nettles & Green Threads Press, \$14.95, ISBN: 0-9777775-0-2 . Sold on Weavingthedream.com, Barnes & Noble.com and Amazon.com

This will make a wonderful interview.