Here's what you do:

1. Using a ruler, draw a line from top to bottom of the front cover, about 1/4" from the spine. Make two marks on this line, one 1/4' down from the top of the book, the other 1/4" up from the bottom. Now divide the distance between these marks into thirds and mark the two middle points.

2. Even up the pages and clamp the book together with binder clips, or weight down the front edge to keep the pages from moving. Protect your work surface with a piece of scrap wood or an old phone book as you punch a hole at each of the marked points using the awl or wire brads. Making these holes should not damage the text in the book. Most paperback books have an inner margin of 1/2" to 3/4", leaving plenty of room for rebinding.

3. Thread the needle and tie the ends together with an overhand knot. Open the book a few pages and, next to the lower middle hole, push the needle through.

4. Now sew the rest of the book as shown in the accompanying illustrations. Pull the thread tight each time you go through a hole.

5. Go around the back and back up through the starting hole, then down through the other middle hole. Pull the thread tight after going through each hole.