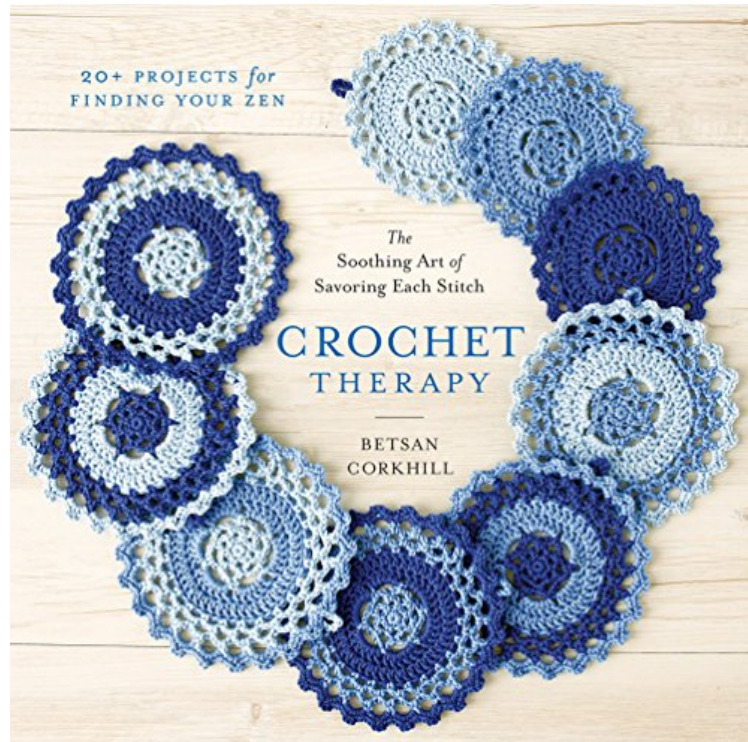


(Download free pdf) Crochet Therapy: The Soothing Art of Savoring Each Stitch

Crochet Therapy: The Soothing Art of Savoring Each Stitch

Betsan Corkhill

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#307756 in Books Abrams Publishing 2016-09-06 2016-09-06 Original language: English PDF # 1 9.00 x .50 x 9.00l, 1.74 #File Name: 1419721119144 pages Stewart Tabori Chang Books-Crochet Therapy | File size: 36.Mb

Betsan Corkhill : Crochet Therapy: The Soothing Art of Savoring Each Stitch before purchasing it in order to gauge whether or not it would be worth my time, and all praised Crochet Therapy: The Soothing Art of Savoring Each Stitch:

0 of 0 people found the following review helpful. Five Stars By Shawn Mack Gorgeous book with fabulous projects!
0 of 0 people found the following review helpful. Five Stars By Yvonne Horn like this book very much
0 of 0 people found the following review helpful. mandalas By Lifetime Reader Lovely

Crochet Therapy will inspire you to pick up a hook and take some time out of your hectic day to dive into colorful whorls of yarn. Focus, relax, and become more mindful by making more than 20 simple and colorful projects comprised of crocheted mandalas, soothing circles, and other beautiful motifs. Each repetitive pattern helps you engage with your materials, increase your well-being, and unlock your creativity. Mindfulness exercises accompany the patterns and complement the therapeutic effect of crocheting for achieving calm, stress relief, and becoming “effortlessly present” in your craft. Clear instructions and a host of finishing techniques round out the pretty projects and crocheted bounty.

About the Author Betsan Corkhill is an expert in the use of therapeutic fiber arts to improve health and wellness and

manage illness. In 2005 she founded Stitchlinks, a nonprofit global support network for taking advantage of the stress-relieving benefits of crafts. Clinically trained in physiotherapy, Corkhill has conducted extensive research into the benefits of handcrafts and is a pioneer in improving well-being through therapeutic knitting and crochet.