



Hook to Heal!: 100 Crochet Exercises For Health, Growth, Connection, Inspiration and Honoring Your Inner Artist

Kathryn L Vercillo

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You are an artist. Yes, you, with your crochet hook and yarn! And you can use your art to heal yourself and the world around you. Hook to Heal is a one-of-a-kind crochet book designed to infuse your crochet with healing energy. You will not find crochet patterns, tutorials or images here. This book will not teach you to crochet, although it suggests resources for learning, but it is designed to be adaptable for use by anyone with even basic beginner crochet skills. What you WILL find here is a set of more than one hundred creativity exercises that use your crochet skills as the vehicle to take you on a creative journey to a magic world of whimsy, art and openness. These exercises will help you take better care of yourself, face fears, embrace adventure, create abundance, improve relationships, find balance, and make art that heals you from the inside out. All of these exercises are from author Kathryn Vercillo, a San Francisco based writer, artist and daydreamer. She is the blogger at Crochet Concupiscence (www.crochetconcupiscence.com) and she's the author of Crochet Saved My Life, a book about how crochet helps with the symptoms of both mental and physical illness. Kathryn has done extensive research into the benefits of crochet, and she has applied that research into the experience of improving her own life through the craft. Kathryn has worked with each and every one of the crochet exercises in this book; they have helped her and she hopes that they will help you. Trust yourself. Believe in yourself. Honor yourself. Give yourself over to your crochet!

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From reader reviews:

Bruce Zimmerman:

Reading can called mind hangout, why? Because if you find yourself reading a book particularly book entitled Hook to Heal!: 100 Crochet Exercises For Health, Growth, Connection, Inspiration and Honoring Your Inner Artist your brain will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely can be your mind friends. Imaging just about every word written in a e-book then become one web form conclusion and explanation this maybe you never get before. The Hook to Heal!: 100 Crochet Exercises For Health, Growth, Connection, Inspiration and Honoring Your Inner Artist giving you one more experience more than blown away your brain but also giving you useful information for your better life in this era. So now let us demonstrate the relaxing pattern is your body and mind will likely be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary investing spare time activity?

Helen Tate:

The book untitled Hook to Heal!: 100 Crochet Exercises For Health, Growth, Connection, Inspiration and Honoring Your Inner Artist contain a lot of information on that. The writer explains the woman idea with easy way. The language is very straightforward all the people, so do not really worry, you can easy to read that. The book was written by famous author. The author will take you in the new time of literary works. It is possible to read this book because you can please read on your smart phone, or program, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site and also order it. Have a nice learn.

Sandra Passmore:

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Nathaniel Mathis:

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