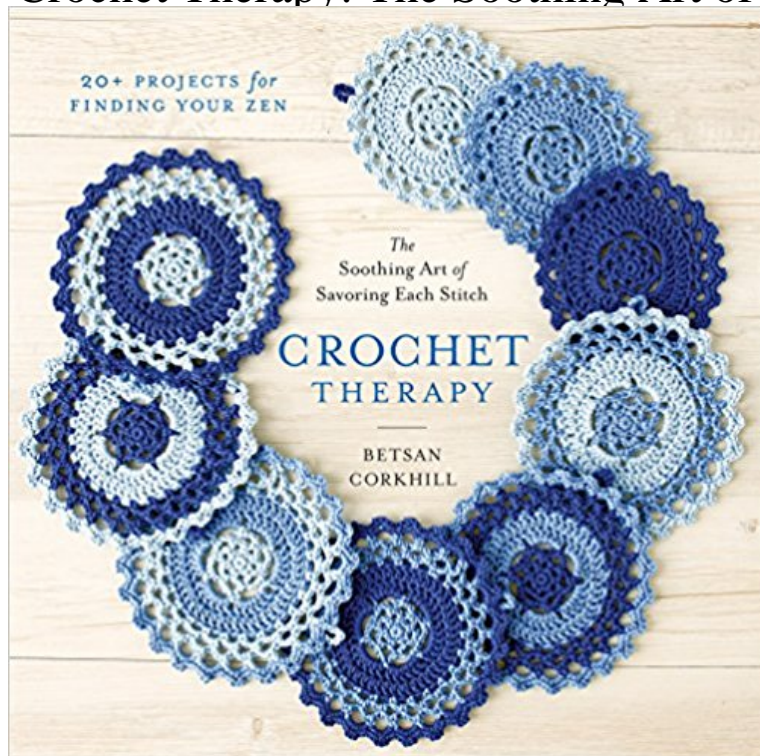


## Crochet Therapy: The Soothing Art of Savoring Each Stitch



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.

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