

**Crochet Saved My Life: The Mental And Physical Health
Benefits Of Crochet**

By Julie Michelle, Kathryn Vercillo

[READ ONLINE](#)

Twinkie Chan Blog | My colorful world of crafting, snacking, and living -

My publishing career didn't end up being that cool or anything, but there Saved My Life: The Mental and Physical Health Benefits of Crochet.

blog.twinkiechan.com/page/56/

Crochet Saved My Life: The Mental and Physical Health Benefits of -

The Paperback of the Crochet Saved My Life: The Mental and Physical Health Benefits of Crochet by Kathryn Vercillo at Barnes & Noble.

<https://www.barnesandnoble.com/w/crochet-saved-my-life-kathryn.../1115656616>

Crochet Lover's Ultimate Buying Guide to 2016 Craft Books - The Spruce -

Hook to Heal is my new crochet book, a sort of follow-up to Crochet Saved My Life, which was about the mental and physical health benefits of

Health benefits of knitting and crocheting - Designs by C and N -

Katherine also wrote a book titled 'Crocheting Saved My Life'. they can move and learn, better physical and mental health can be achieved.

<https://designsbycandn.com/health-benefits-knitting-crocheting/>

Crochet Therapy | - Crochet Concupiscence -

I shared my personal experience, along with extensive research into the craft's mental and physical health benefits, in my book Crochet Saved My Life. I went on

www.crochetconcupiscence.com/crochet-saved-my-life/

New Book: Crochet Saved My Life - Berroco's blog -

Creating things with yarn is a great way to express your creativity, and it's also good for your mental and physical wellbeing. A crochet blogger

blog.berroco.com/2012/09/18/new-book-crochet-saved-my-life/

Extraordinary Erica: Review of Crochet Concupiscence -

I first heard of Kathryn Vercillo through her book, Crochet Saved My Life: the Mental and Physical Health Benefits of Crochet. I'd bought it as an

www.extraordinaryerica.com/2016/04/review-of-crochet-concupiscence.html

Knitting as a Vehicle of Personal Transformation - CityU Repository -

In her book Crochet Saved My Life, Vercillo. (2012) documents . that artistic practices have on the physical brain. Research in to . The vast majority of studies that examine the mental-health benefits of knitting explicitly are

repository.cityu.edu/bitstream/handle/20.500.11803/.../MelanieSmithThesis2016.pdf?...

Gypsy Daughter Essays: Learn to Crochet for Stress Relief -

Have you been thinking about learning to crochet, or have you been Crochet Saved My Life: The Mental and Physical Health Benefits of

gypsydaughteressays.blogspot.com/2014/04/learn-to-crochet-for-stress-relief.html

#Crochet Saved My Life - Mental and Physical Health Benefits of -

Crocheting is an inexpensive hobby, that not only helps you to pass the time, but it is also very good for helping you to relax and let go of things. And believe it or

<https://www.pinterest.com/pin/175358979216913549/>

Hook to Heal - and to Increase Your Creativity! - Moogly -

In my popular book Crochet Saved My Life I shared information about the mental and physical health benefits of crochet. Now I want to take it to

www.mooglyblog.com/hook-to-heal-interview/

10 Most Important Health Benefits of Yarncrafting - Lion Brand Notebook -

to heal, having researched the topic extensively for her book Crochet Saved My Life. Here are the top 10 yarncrafting health benefits.

www.lionbrand.com/blog/10-most-important-health-benefits-of-yarncrafting/

Crochet Saved My Life eBook: Kathryn Vercillo, Julie Michelle -

Crochet Saved My Life eBook: Kathryn Vercillo, Julie Michelle: don't have any personal investment in either crochet or mental health issues, but I enjoyed it. that crochet is helpful for dealing with several medical and physical disorders,

<https://www.amazon.com.au/Crochet-Saved-Life-Kathryn-Vercillo.../B008MQ8D0S>

CGOA Now!: Book Review: Crochet Saved My Life -

Book Review: Crochet Saved My Life probably see yourself in Crochet Saved My Life: The Mental and Physical Health Benefits of Crochet.

cgoanow.blogspot.com/2013/03/book-review-crochet-saved-my-life.html

Therapeutic Crochet - Simply Crochet -

Did you catch our Crochet as Therapy feature inside issue 42? Crochet Saved My Life: The Mental and Physical Health Benefits of Crochet,

www.simplycrochetmag.co.uk/2016/03/17/therapeutic-crochet/

The Health Benefits of Knitting - The New York Times -

The rewards of knitting and crocheting go well beyond reducing stress and anxiety. My mother had taught me to knit at 15, and I knitted in class throughout Heart titled "Health Benefits of Crocheting and Knitting" prompted me to explore normal, about the cognitive activities they engaged in late in life.

<https://well.blogs.nytimes.com/2016/01/25/the-health-benefits-of-knitting/>

Crochet Saved My Life | The Mental and Physical Health Benefits of -

Crochet Saved My Life. The Mental and Physical Benefits of Crochet. Popular crochet blogger Kathryn Vercillo has authored an important book about the health

www.crochetsavedmylife.com/

Can Crochet or Knitting Save a Life? The Therapeutic Effects - Lion -

Kathryn Vercillo's book, Crochet Saved My Life, chronicles a journey through depression anxiety, and mental and physical conditions with the

www.lionbrand.com/blog/the-therapy-of-crochet-and-knitting/

Crochet: Just What the Doctor Ordered - Stitch and Unwind -

She has just released a new book, Crochet Saved My Life, about the mental and physical health benefits of the craft. Imagine if you went to your

<https://www.stitchandunwind.com/doctor-ordered-healing-crochet-patterns/>

Crochet Health Survey – Crochet Pojects | Nero's Post II (2013-2015) -

She is the author of the book 'Crochet Saved My Life'. the physical and mental health issues that are helped through crochet Kathryn Vercillo is the author of Crochet Saved My Life, a book about the craft's health benefits.

<https://nerospot.wordpress.com/2014/06/28/crochet-health-survey-crochet-pojects/>

Books by Kathryn Vercillo | Kathryn Vercillo -

Ghosts of San Francisco, Ghosts of Alcatraz and Crochet Saved My Life are Kathryn Crochet Saved My Life is a non-fiction look at the mental and physical health the research that has been done into the healing benefits of needlework.

kathrynvercillo.com/my-books/

Crochet Your Way to Less Depression and Pain? - Pain Database -

Here's my interview with Kathryn Vercillo, author of "Crochet Saved My Life", about the benefits of crochet for depression as well as other mental health and

paindatabase.com/crochet/

Stitch Story: June 2014 -

A new crochet health survey has been launched to study how crochet heals people. the physical and mental health issues that are helped through crochet of Crochet Saved My Life, a book about the craft's health benefits.

www.stitch-story.com/2014/06/

I Love Yarn! – Between My Fingers -

Benefits of Yarn Between Your Fingers I love yarn between my fingers Crocheting Saved My Life: The Mental and Physical Health Benefits of Crochet (book by

betweenmyfingers.com/i-love-yarn/

crochet saved my life | Diary of a Smart Chick -

Hands-on creative work is healing for many reasons and offers benefits for people with varied conditions. The three Tagged: crafting, crochet saved my life, Mental Health I physically clean out my space to psychically clean out my head.

diaryofasmartchick.com/tag/crochet-saved-my-life/

Crochet saved my life : the mental and physical health benefits of -

Crochet saved my life : the mental and physical health benefits of crochet / by Kathryn Vercillo. Subjects: Crocheting -- Psychological aspects. Crocheting

www.nlb.gov.sg/biblio/14673483

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