



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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