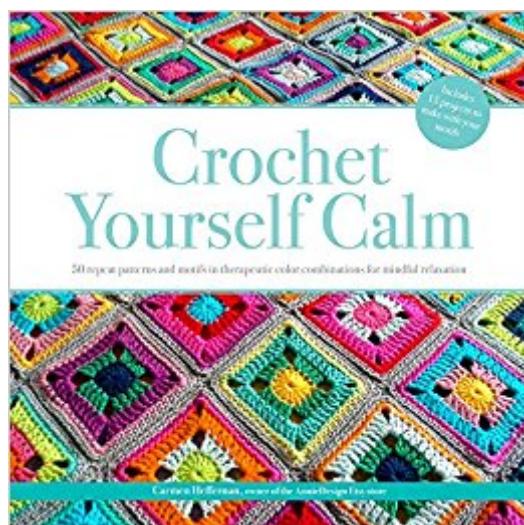


The book was found

# Crochet Yourself Calm: 50 Motifs & 15 Projects For Mindful Relaxation



## Synopsis

Keep your hands busy and your mind relaxed as you crochet this inspiring collection of 50 repeat patterns—some designed as small geometric motifs, others conceived on a larger scale. By focusing on the repetitive rhythms of creating your piece, stitch by stitch, you'll truly be in the moment, your breathing and heart rate will slow down, and your serotonin levels will rise. Not only will you feel a sense of calm, you'll also have 15 beautiful completed projects to show off! Make joyful rainbow-colored mandalas, ethereal cool-blue granny squares, and mellow spice-toned triangles—then turn them into bags, scarves, pillows, and more. Step-by-step photo guides teach the basics, making the entire collection beginner-friendly.

## Book Information

Age Range: 10 and up

Paperback: 144 pages

Publisher: Lark Crafts (October 11, 2016)

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Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #195,742 in Books (See Top 100 in Books) #46 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Fiber Arts & Textiles #254 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Crocheting #38041 in Books > Children's Books

## Customer Reviews

Carmen Heffernan creates her own colorful designs and patterns for her successful Etsy store, AnnieDesign. Her work has been featured in numerous blogs, magazines, and books, including Mollie Makes and Boho Crochet. Carmen lives in Waterford, Ireland.

I just got this and can't wait to try some of the projects. I am tired of crocheting the same things so some different patterns that can help me unwind at the end of the day will be welcome. Book came nice and quickly so I am very happy about that as well.

Love it!

This is a very well written book, with clear steps by using both written instructions and charts, and photographed end products, that will make it a very therapeutic way to enjoy crocheting. Different levels of projects. Anyone with even a very basic knowledge of crochet, no matter how rusty, will be able to follow these well written and explained patterns. My favourite way to use the various square motifs is to make blankets, that I then give as gifts. My most used square so far is 'the lacy flower into a square'

Looks to be fun to do some of the projects. Thank you. Cover is different, but book is the one I had seen at Joann's.

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