



Crochet to Calm: Stitch and De-Stress with 18 Simple Crochet Patterns (Craft To Calm)

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Discover the relaxing craft of crochet!

Creative *and* calming, crafting is the perfect way to destress! In *Crochet to Calm* you'll learn how the repetitive motion of this popular craft can not only clear your mind but also result in beautiful projects you'll be proud to show off! Best yet? All you need is a hook and a bit of yarn to get started!

From home accent projects such as the Zinia Pillow, Meditative Mandala coaster, and the Papillon Pouf to cozy wearables like the Pinecone Infinity Scarf, Slouchy Slipper Boots, or Peachy Arm Warmers, you'll find 18 fun, easy projects that can be completed in almost no time at all! And with easy-to-follow photography and clear illustrations, you'll be inspired to try every last one. Featuring a foreword by Mandy O'Sullivan, founder of CraftasTherapy, *Crochet to Calm* will take your stress away, one stitch at a time.

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