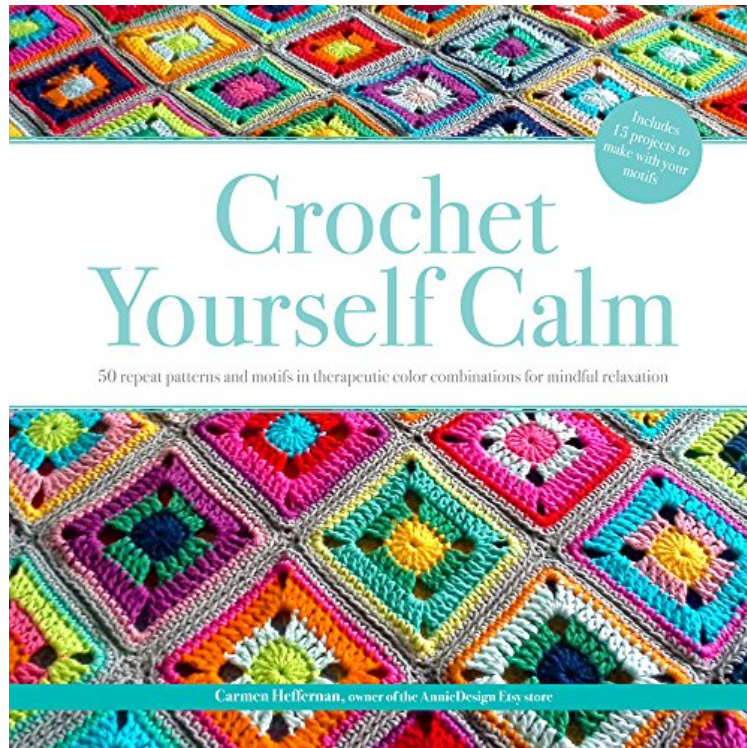


## Crochet Yourself Calm: 50 Motifs 15 Projects for Mindful Relaxation

*Carmen Heffernan*

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**Carmen Heffernan : Crochet Yourself Calm: 50 Motifs 15 Projects for Mindful Relaxation** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Crochet Yourself Calm: 50 Motifs 15 Projects for Mindful Relaxation:

2 of 2 people found the following review helpful. Book came nice and quickly so I am very happy about that ...By Erica Lynn 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. 1 of 1 people found the following review helpful. Five Stars By Lifetime Reader Love it! 13 of 14 people found the following review helpful. that will make it a very therapeutic way to enjoy crocheting. Different levels of projects By Amanda 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'

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.

**About the Author** 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.