

Kathryn Vercillo ∞ Crochet Saved My Life



*The Mental and Physical
Health Benefits of Crochet*

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

Kathryn Vercillo



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

Crochet Saved My Life Kathryn Vercillo, 2012 In this book you will get to know me through my story of depression and healing And you will get to know other women as well You will meet Aurore who crochets to stay in touch with reality as she deals with ongoing psychiatric hallucinations You will meet Laurie who made a new life with crochet after years of a life filled with abuse You will meet Tammy whose crochet helps her with the ups and downs of living with Chronic Lyme Disease You will meet Liza who crochets through the anxiety of having temporary bouts of blindness caused by an undiagnosed health condition Here are some of the things you will hear them say When I crochet I don't think about how my body is now broken I think about how I can create something beautiful and useful with my hook and either yarn or thread Vicki Crochet helps me put my pain on the back burner for a while It takes my focus away from how I'm feeling and puts it in a more productive place Shelli The two dozen women whose stories are shared in this book are the women who hook to heal Page 4 of cover

, **How to Not Fall Down** Susan A. Hamann, RN, 2022-11-23 How to Not Fall Down life lessons on aging By Susan A Hamann RN Life As the saying goes Man plans God laughs You walk into a party thinking you look pretty cool only to have someone point out the back of your dress is tucked into your underwear You move to a new city and by accident land in a neighborhood of the best neighbors you could ever want Your cat dies You find your favorite earrings lost a year ago under the dresser has it really been that long since you cleaned You find a lump the biopsy is negative Yes life the good the bad the funny the sad Some days even with the best intentions we still fall down These short essays are about just those things taken from Susan Hamann's life and yours that remind us what it means to fall down but keep on trying It's about the learning to get back up brush off the dust and try again Internet Addiction Kathryn Vercillo, 2020-02-24 The internet has transformed the world we live in but it also poses new risks to our psychological well being This book provides an introduction to the issue of internet addiction an increasingly common problem All day every day we are connected to the internet putting most people at some level of risk for internet addiction Problematic internet use can take many forms including overuse of social media and addictions to online shopping gaming or pornography Such behaviors can cause anxiety depression sleep deprivation loneliness and physical health problems People can lose their jobs and families and in a few extreme cases internet addiction has directly led to the death of the addicted individual or a child in their care This book explores what internet addiction is the many forms it can take and the serious consequences it can have It examines a number of controversies and issues such as balancing the internet's benefits against its addictive nature It also provides a variety of useful materials including case studies a timeline of critical events and a directory of resources **Hook to Heal!** Kathryn Vercillo, 2015-11 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 is 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

Mandalas for Marinke Kathryn Vercillo, 2017-10 After the death by suicide of crochet designer Marinke Slump the online crochet community came together to create the Mandalas for Marinke project This was a response to her death designed to honor and share the legacy of her work as well as to raise awareness about depression and suicide This book is a sampling of that project a curated compilation of the beautiful crochet mandalas handcrafted by more than 300 designers around the world It shares snippets of their stories stories from people whose own lives have been touched by depression and suicide in a range of ways stories from people driven to reduce the stigma of mental illness and encourage compassion in a sometimes cold world stories about how craft heals us individually and as communities May you find within these pages words that resonate images that inspire information that educates and above all a sense of hope beauty and interconnectedness

When Grandma Isn't Crocheting, She's Hunting Big Game Kathryn Vercillo, 2011-12-03 Picture a gun toting granny who shoots a seven foot tall bear before heading home to crochet Or a 92 year old woman who puts down her hooks to get her GED Or a woman who keeps crocheting after turning 106 These are all true tales of awesome crocheting women who made the news in 2011 Read their stories and those of other inspiring ladies in this collection of short articles

Cracked Wide Open Kathryn Vercillo, 2014-07-01 In the fall of 2013 I started an intensive graduate school program to get a degree in Integral Counseling Psychology My first year in the program gave me a solid foundation in the basics of psychological counseling At the same time it allowed me to delve deep into my own soul cracking open my own misperceptions of myself and offering me the opportunity to recreate my personal narrative into a story better suited to my current self This book is a collection of my academic essays creative writing journal entries and thoughts from the first year of that program It is part memoir sharing my journey as a growth in process It is part academic introducing the basics of psychological theory through my own writings about what I read And it is part just a human story the story of what we are all going through and how confusing and inspiring that journey is

Grochet and Conquer Nadia De Kock, 2020

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