

Finding
Fulfillment
Through
Crochet



Sugar, Spice & Yarn 

Resources

www.sugarspiceandyarn.com

<https://projectknitwell.org/research/>

<https://www.anxietyresourcecenter.org/2017/10/crochet-helps-brain/>

<https://crochettherapy.com/five-reasons-why-crochet-is-good-for-your-brain/>

<https://www.craftyarncouncil.com/health-therapeutic>

<https://www.allfreecrochet.com/Tips-for-Crochet/Crochet-Health-Benefits>

<https://blog.lionbrand.com/10-most-important-health-benefits-of-yarncrafting/>

<https://archive.nytimes.com/well.blogs.nytimes.com/2016/01/25/the-health-benefits-of-knitting/?smid=tw-share>

<http://stitchlinks.com/pdfsNewSite/research/Poster%20British%20Pain%20Society%20March%202009%20copy.pdf>

www.knittedknockers.org

www.projectlinus.org

www.warmupamerica.org