



Craft to Heal: Soothing Your Soul with Sewing, Painting, and Other Pastimes

Nancy Monson

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Over three-quarters of American households contain someone who loves to craft . . . and for good reason. Hobbies like painting, sewing, scrapbooking, woodworking, and photography provide crafters with more than just a way to have fun or make gifts. Even at their most basic, they're potent art forms that can distract the mind, soothe the soul, and de-stress the body.

Craft to Heal describes how creative pursuits can be transformed into healing arts, which, in turn, can transform you. Mind-body research now shows that crafts are good for our mental, physical, and spiritual health, so we no longer need to make excuses for doing what we love. The truth is, crafts aren't just enjoyable, they're downright therapeutic!

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