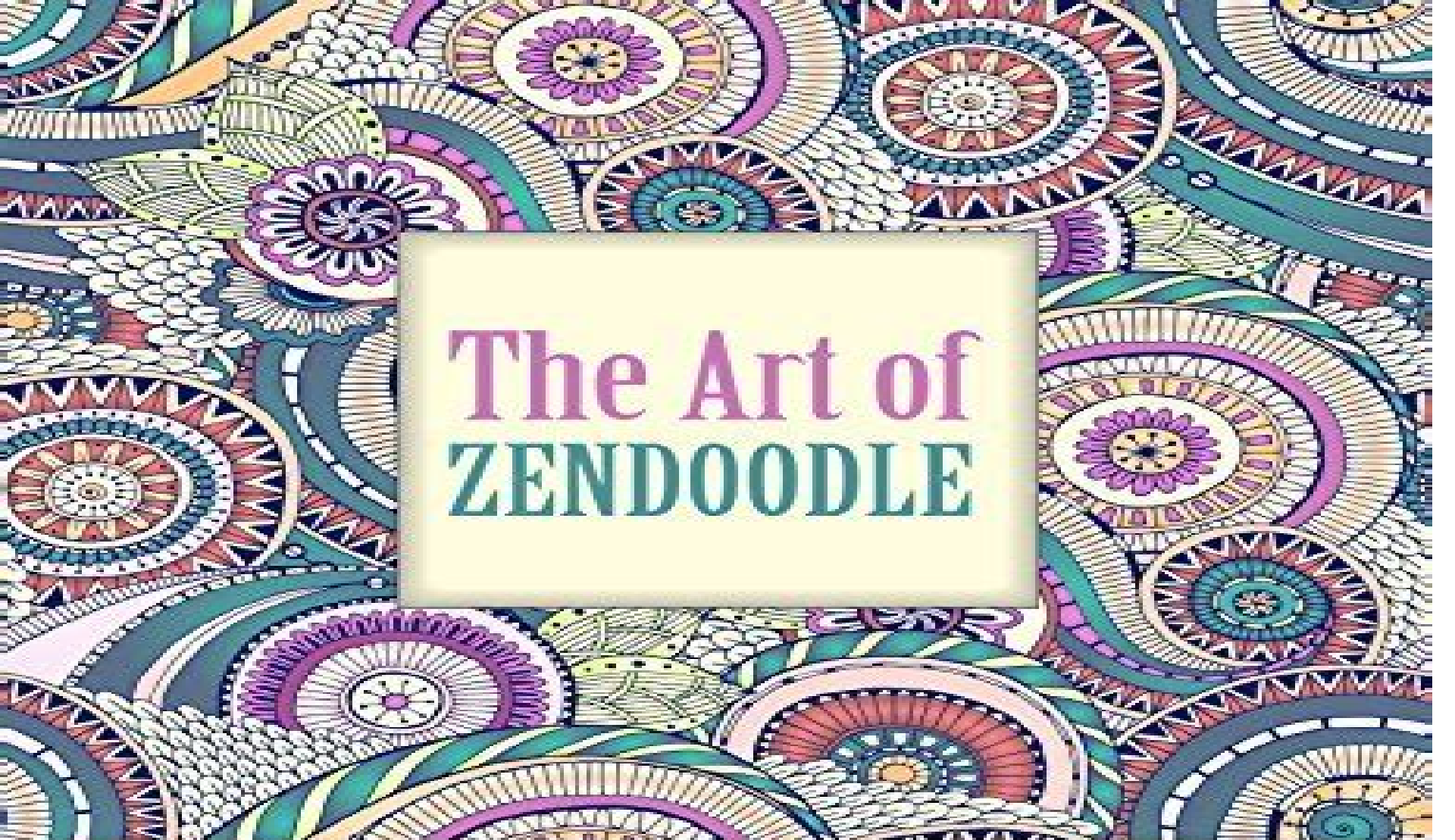




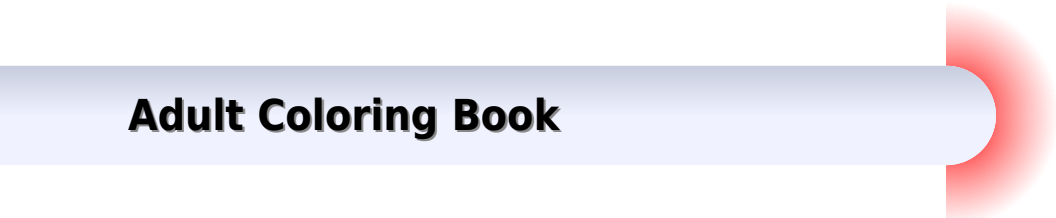
The Art of ZENDOODLE

50 Outstanding **Abstract** Patterns for Meditation
and Stress Relief

Selina Perry

Art Zendoodle Illustrations Patterns Meditation

Adult Coloring Book



Art Zendoodle Illustrations Patterns Meditation:

Zendoodle Schaadt,2016 **ZEN Doodle** Jane McKenty,2015-10-04 ZEN DOODLE The Art of Zen Doodle Drawing Guide with Step by Step Instructions Are you drawing doodles while talking on the phone or sitting in a business meeting If you draw circles squares or some other shapes and fill them with arbitrary patterns you re into ZEN DOODLE and you don t even know it This book is designed as a workbook so expect much more pictures than text The text is there only to make the explanations of drawings easier for you to follow ZEN DOODLE is an excellent blend of meditation and creativity While in the classic meditation you just sit back and point the attention on the breath in ZEN DOODLE meditation you are creating In addition to simplified step by step instructions how to create different Zen Doodles based both on famous patterns and new patterns this eBook also includes an article on the benefits of ZEN DOODLE to health At the end you will find instructions on how to draw a Zen Doodle on a real example Every pattern in this book is followed by pictures Buy the book ZEN DOODLE and begin to create works of art while meditating What is exceptional about this type of drawing is that you don t need any previous knowledge of drawing to create works of art Here is a preview of what you ll learn Zen Doodle the art of meditation Tools and materials Zen doodle inspired with famous patterns New ZEN DOODLE patterns Lots of explanatory drawings Download your copy of ZEN DOODLE by scrolling up and clicking Buy Now With 1 Click button **The Art of Zendoodle** Ella Clark,2015-12-28 30 CREATIVE ZEN ART PATTERNS AS A GREAT HOLIDAY GIFT Are you ready to relieve stress and get creative Our The Art of Zendoodle 30 Creative Drawings Patterns and Ideas for Meditation and Relaxation is just what you need You ll benefit by reducing your stress and anxiety after a long hard day Coloring has also been shown to increase your creativity How does coloring help stress for adults It s been scientifically proven to help you take your attention away from your problems This is the first step to stress relief Because coloring regulates your amygdala you get therapeutic relief from stress You get a small dose of dopamine when you color which helps reduce anxiety and fear Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings it can literally rewire our brains Coloring can now be thought of as a very inexpensive and creative therapy session Since it requires focus even if you only color for a short period of time it can improve symptoms associated with ADD Why choose this coloring book This book provides 30 patterns to provide you with the ultimate coloring experience You get to be creative and be transported back in time to your carefree childhood days It s time to unwind with one of the most popular relaxation methods available adult coloring Find out for yourself just why adult coloring has become amazingly popular Choose the best picture that suits your day and start coloring Our digital version means that you can print out high quality digital images and color until your heart s content **Amazing Patterns Zen Doodle** Joseph Rabie,2020-06-25 This colouring book for adults is a great gift idea for everyone and for any occasion 50 unique designs In this book there are 50 unique designs drawn by artists You won t find them anywhere neither on the net nor in any colouring book or activity book The colouring drawings in this book are a mixture of two captivating and

beautiful arts Mandala art and Zentangle art So if you like mandala and Inspired by the Zentangle Method of drawing coloring books you will find your happiness in our coloring book Each coloring page presents a beautiful and captivating meditation session and a disconnection from the dark real world to a Zen and colorful world Why you love this book Relaxing coloring Each page offers you an assured meditation session Beautiful Illustrations The coloring pages are drawn by artists and the patterns are pure art Pages recto Front pages Each drawing is placed on its own blank spine page to reduce the problem of bleed Ideal for all skill levels The drawings are simple with small details beautiful and easy to colour in for experts and beginners alike Colouring is a Therapy We all know that meditation is a necessary mental hygiene in today s world but 90% of people fail to focus and meditate properly and i was one of those who did not succeed in their meditation session for one reason or another until the day i was given a coloring book and there meditation became for me a piece of cake something automatic i just have to start coloring a drawing to find myself disconnected from my real world to travel to a zen and colorful world and after each drawing coloring i feel relaxed and with zero stress Why meditation was complex in the beginning Because the gurus of Yoga and meditation and Buddhism stuffed our heads with religious gibberish and lies and religious blah blah blah and repeating certain text and certain karma they guided us very badly While meditation is a simple artistic and sporting activity that has no relation to religion or belief of Buddhism You just have to colour in a beautiful drawing to find yourself in a nice meditation session to get rid of stress Colouring books make wonderful gifts and are perfect for any party or special occasion Christmas presents Christmas stockings Easter baskets gift bags Family holidays and trips Birthday and anniversary gifts Valentine s Day Mother s Day Colouring book for adults activity book for adults meditation stress relief mandala colouring book Zentangle Coloring Book Relaxing Coloring Pages **Zendoodle** Olivia

Summers,2015-10-18 Have You Seen Zendoodle Works Of Art And Been Inspired To Create Your Own But Don t Even Know Where To Start Maybe you re not even sure what Zendoodle is or simply don t feel like you re qualified to be an artist If any of these scenarios apply to you then my Zendoodle Mastery Series is the answer you ve been looking for Not only will you learn the principles of the Zendoodle Method but I ll also walk you through step by step in pictures each of the patterns so that you know exactly how to re create them in your own artwork But the benefits aren t just the visual appeal When You Use The Zendoodle Method Daily You ll Begin To See Changes In Your Life And Your Mindset In A Big Way How Well Zendoodle was originally developed as a way to practice mindfulness and meditation through the repetitive art of drawing these simple but challenging patterns each stroke of your pen brings you closer to the zen in Zendoodle If you re looking for a way to create beautiful artwork that only looks impossible but is actually quite simple then be sure to grab all 3 Volumes of my Zendoodle Mastery Series that s 99 patterns Here s What You ll Find Inside Expanded Workbook Edition so you can practice each pattern step by step PLUS extra space to create your own original tangles using each pattern What the Zendoodle Method is Common Myths and Misconceptions Each step of the Zendoodle process 33 unique tangle patterns with step by

step picture instructions for each pattern Common Zendoodle terminology The essentials for practicing the Zendoodle Method do you really need 20 different pens colored markers colored pencils a sketchbook and tiles How to create your very own tangle Plus so much more So if you need some encouragement and inspiration to create your own Zendoodle artwork then let me be your guide and help you along your Zendoodle journey If You Purchase The Paperback Workbook Edition You Can Get The Kindle Version FREE BONUS As a thank you for your purchase you ll find an additional 21 Zendoodle patterns 10 bonus borders to download for free inside the Kindle version Scroll up and click add to cart to get your copy now **The Art of Zendoodle** Patricia Thomas, 2016-02-05 50 GORGEOUS MANDALA PATTERNS FOR MEDITATION AND COMPLETE RELAXATION Are you ready to relieve stress and get creative Our The Art of Zendoodle 50 Gorgeous Mandala Patterns for Meditation and Complete Relaxation is just what you need You ll benefit by reducing your stress and anxiety after a long hard day Coloring has also been shown to increase your creativity How does coloring help stress for adults It s been scientifically proven to help you take your attention away from your problems This is the first step to stress relief Because coloring regulates your amygdala you get therapeutic relief from stress You get a small dose of dopamine when you color which helps reduce anxiety and fear Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings it can literally rewire our brains Coloring can now be thought of as a very inexpensive and creative therapy session Since it requires focus even if you only color for a short period of time it can improve symptoms associated with ADD Why choose this coloring book This book provides more than 50 patterns to provide you with the ultimate coloring experience You get to be creative and be transported back in time to your carefree childhood days It s time to unwind with one of the most popular relaxation methods available adult coloring Find out for yourself just why adult coloring has become amazingly popular Choose the best picture that suits your day and start coloring Our digital version means that you can print out high quality digital images and color until your heart s content [The Art of Zendoodle](#) Selina Perry, 2016-01-31 50 OUTSTANDING ABSTRACT PATTERNS FOR MEDITATION AND STRESS RELIEF Are you ready to relieve stress and get creative Our The Art of Zendoodle 50 Outstanding Abstract Patterns for Meditation and Stress Relief is just what you need You ll benefit by reducing your stress and anxiety after a long hard day Coloring has also been shown to increase your creativity How does coloring help stress for adults It s been scientifically proven to help you take your attention away from your problems This is the first step to stress relief Because coloring regulates your amygdala you get therapeutic relief from stress You get a small dose of dopamine when you color which helps reduce anxiety and fear Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings it can literally rewire our brains Coloring can now be thought of as a very inexpensive and creative therapy session Since it requires focus even if you only color for a short period of time it can improve symptoms associated with ADD Why choose this coloring book This book provides more than 50 patterns to provide you with the ultimate coloring experience You get to be creative and be transported back in time to your carefree childhood

days It s time to unwind with one of the most popular relaxation methods available adult coloring Find out for yourself just why adult coloring has become amazingly popular Choose the best picture that suits your day and start coloring Our digital version means that you can print out high quality digital images and color until your heart s content **The Art of Zendoodle** Hanna Sims,2016-01-31 30 OUTSTANDING MOSAIC PATTERNS FOR MEDITATION AND DEEP RELAXATION Are you ready to relieve stress and get creative Our The Art of Zendoodle 30 Outstanding Mosaic Patterns for Meditation and Deep Relaxation is just what you need You ll benefit by reducing your stress and anxiety after a long hard day Coloring has also been shown to increase your creativity How does coloring help stress for adults It s been scientifically proven to help you take your attention away from your problems This is the first step to stress relief Because coloring regulates your amygdala you get therapeutic relief from stress You get a small dose of dopamine when you color which helps reduce anxiety and fear Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings it can literally rewire our brains Coloring can now be thought of as a very inexpensive and creative therapy session Since it requires focus even if you only color for a short period of time it can improve symptoms associated with ADD Why choose this coloring book This book provides more than 30 patterns to provide you with the ultimate coloring experience You get to be creative and be transported back in time to your carefree childhood days It s time to unwind with one of the most popular relaxation methods available adult coloring Find out for yourself just why adult coloring has become amazingly popular Choose the best picture that suits your day and start coloring Our digital version means that you can print out high quality digital images and color until your heart s content **Zen Doodle Drawing** Sarah Niland,2016-11-02 FREE BOOK Buy this book and get BOOK for FREE Zen Doodle is the structured mode of drawing which is more or less a way of doodling You cannot doodle mindlessly in Zen Doodle you have to pay attention to the symbols you are drawing and you have to structure them in a well composed manner Zen Doodle consists of a chain of recurring strokes dots and curves drawn in a box When you are able to create your own patterns you can use them in various designs or shapes You can be as much creative as you want with Zen Doodle Zen Doodle is much more deliberate and focused but still it allows the Zen Doodler to have the creativity to make free forms of patterns shapes lines and shading Anecdotal reports and preliminary studies seem to support the thought that Zen Doodle is a meditative form of art that actually induces calmness and relaxation It also has a positive impact on mood stress reduction and self control It implies that if someone is suffering from mental stress over thinking or any such mental condition where they need the help of a support system Zen Doodle can come to rescue Even if you are slightly worried about your life you can take the help of Zen Doodle to put your life back in place Zen Doodle cannot solve your problems but it can give you the right frame of mind to deal with them Zen Doodling is a great method of expressing yourself Even if it is underestimated as a form of art you can doubtlessly resort to it to develop your skills Apart from curing your mental condition it can help you refine your drawing skills You can add your Zen Doodles to your portfolio of designs it will add great value to it You can add

expressive illustrations to your designs to make them leave more impact There is no limit to create illustrations with Zen Doodle You can even transform the walls of your room into a work of art You never know you might start creating masterpieces in the four walls of your house only Here is a preview of what you ll learn 20 New Zen Doodle Patterns How to Zen Doodle Bird How to Zen Doodle Cat How to Zen Doodle Cube Enjoy reading and practicing and do not forget to receive your FREE BONUS BOOK All the instructions you will find at the end of the book Good luck **Zendoodle** Ardely

Dorn,2015-12-14 Have you heard of this whole Zendoodling thing but aren t quite sure where to start Are you an either practicing or lapsed artist looking to give your creative output a little boost Do you have anxious thoughts or high blood pressure but aren t interested or flexible enough for traditional meditation If any of these describe you then Zendoodle The Art of Meditation Through Drawing is the answer you have been looking for Zendoodling is a form of meditation through drawing which uses repeating patterns and shapes to create an abstract image The process of Zendoodling occupies the part of the mind frequently focused on day to day problems allowing for a higher consciousness to assert itself The Benefits of Zendoodling Include Mental tranquility Enhanced dexterity and hand and eye coordination Enhanced Focus Improve attentiveness and single minded determination Enhance ability to creatively solve problems And much much more Inside you will learn the ways in which Zendoodling is related to forms of meditation which have been practiced for thousands of years and is still practiced in monasteries around the world to this day This book discusses the history and theory behind Zendoodling and the benefits of meditation provides a detailed description of the tools required to Zendoodle and a step by step process to get the most out of this mixture of creativity and meditation The act of creating a Zendoodle should be a celebration of the spontaneity of life and a celebration of all the possibilities it contains Zendoodling promotes peace forgiveness happiness and living every single day to the fullest **Zen Doodle Art** Kathrin Davidson,2016-02-14

ZEN Doodle Art Unleash your creativity with ZEN Doodle Patterns Whether you already met with tangled Zen art or not the book ZEN Doodle Art Unleash your creativity with ZEN Doodle Patterns will introduce you to the magical world of original and fresh Zen art patterns Zen art doodles that you will see for the first time in this book will help you relief stress while creating a unique and engaging Zen doodles There is a bit of a chance that you did not hear of benefits of meditation through Zen drawing but just for the case let me tell you a little about it Zen art is not absolutely a doodle it represents a conscious intention to turn your mind off daily situations and problems and direct your attention to a shape that you draw Zen technique of drawing as a form of therapy has positive effects on the mind and psyche of a man and allows him to establish control over his focus and movements When you re angry try to direct consciously at least to draw the circle You will notice that your hand might tremble or you grip the pen too hard these are the main indicators of how our body reacts If you are unable to calm the mind you can always calm your hands and body and the Zen drawing is certainly one of those ways Perhaps you cannot sit for 20 minutes every day trying to meditate but you can buy a book ZEN Doodle Art and start clearing

your mind of everyday thoughts that are holding you back by drawing amazing Zen tangled patterns depicted in the book that is front of you This book is mainly a picture book so you do not even have to read it intently Just look at the step by step pictures and draw Download your copy of ZEN Doodle Art by scrolling up and clicking Buy Now With 1 Click button

Zendoodle Olivia Summers,2016-12-11 Have You Seen Zendoodle Works Of Art And Been Inspired To Create Your Own But Don t Even Know Where To Start Maybe you re not even sure what Zendoodle is or simply don t feel like you re qualified to be an artist If any of these scenarios apply to you then Volume 4 of my Zendoodle Mastery Series is the answer you ve been looking for I ll walk you through step by step in pictures each of the 101 NEW patterns so that you know exactly how to re create them in your own artwork Plus I ve included 20 of my own hand drawn pieces so you can more easily see how to put the patterns together to create unique and eye catching works of art As a BONUS with the purchase of this Workbook Edition you ll also be able to download the Kindle version for free But the benefits aren t just the visual appeal When You Use The Zendoodle Method Daily You ll Begin To See Changes In Your Life And Your Mindset In A Big Way How Well Zendoodle was originally developed as a way to practice mindfulness and meditation through the repetitive art of drawing these simple but challenging patterns each stroke of your pen brings you closer to the zen in Zendoodle So if you re looking for a way to create beautiful artwork that only looks impossible but is actually quite simple then be sure to grab your copy today That s over 100 never before released patterns including step by step instructions to recreate them in your own artwork If you need some encouragement and inspiration to create your own Zendoodle artwork then let me be your guide and help you along your Zendoodle journey Scroll up and click add to cart to get your copy now **Zentangle Drawing for a Calm and Focused Mind**

Suzanne McNeill,2015-10 Shares instructions for and examples of the meditative drawing style

ZenDoodles Cheng Lee,2015-06-24 Learn to ZenDoodle Ready to learn Then this book is for you Learn How to Zen Doodle DrawFor a limited time only Zen Doodle Cars Funky and Fun is being offered at 3 97 a discount of 25 percent off its original price How to Zen Doodle Draw is a collection of doodle drawing lessons Inside you ll find step by step instructions that teach you how to let out your creative talents to create true pieces of art Doodling drawing is an art and while some naturally have the talent others need to learn Zen Doodle Cars is a creative collection of car art that takes you step by step teaching you how to draw a variety of creative brand and fun cars Doodling has always been enjoyed but often overlooked as just doodles Doodling is an art form in which great creations can be made like the creation you see on the cover of Zen Doodle Cars Funky and Fun Ready to learn Then this book is for you Zen Doodle Cars is a creative collection of car art that takes you step by step teaching you how to draw a variety of creative brand and fun cars ZenDoodling for Beginners to Intermittent Zen Doodle Cars is a book that is for beginner to intermittent artists and even the advanced that wants a little more creative fun You ll learn how to draw cars tradition fun and funky cars step by step and how to doodle in the designs showing your true creativity and talent Welcome Grab a Pencil and Paper and Let Your Artist Talent Flow Zen Doodling is

much more than a past time it is an art form and can be practiced anywhere If you are ready to learn this book is for you We teach the principles of Zen Doodle drawing in a fun way that allows new and old artists alike to learn how to Zendoodle as well as new Zendoodle patterns in a fun way Doodle drawing has been around for years and now a trend of drawing that offers relaxation as it is a creative meditation in itself Doodle Drawing Lessons Our Zen Doodle drawing lessons include how to draw using repetitive lines marks circles and shapes and how to bring them together to create true art or simple doodles or borders We teach how to create tiles and combine patterns in simple exercises We teach how to draw patterns of all different designs Doodle drawing is intricate but not complicated with the end product being a beautiful display of art Drawing has long been a way to release stress to inspire the soul and to add confidence and self esteem to an individual With tangle drawing there is no right or wrong way to draw It is simply learning how to tangle draw to express your inner emotions as well as to create art that can be simple doodles while talking on the phone to decorate wearable and to use as home decor etc Tangle drawing is the trend that is unleashing many new creative individuals into the world of art Welcome to How to ZenDoodle Draw Welcome to How to ZenDoodle Draw We welcome you to grab a piece of paper and pencil or pen open the book to take a peek inside and begin to practice your creative artist within We offer a wide range of tangle patterns taking you step by step into the world of art [Zen Doodle](#) Jane McKenty, 2015-10-13 ZEN Doodle The Art of Zen Doodle Master Zen Doodle with Step by Step instructions Book two People doodle ever since they found out something that writes and something to write on it This fact witnesses that doodling is our innate need and the inherent way to express our creativity In addition the scientists and psychologists say that this is the sort of Zen meaning it is a meditation since Zen in Sanskrit means meditation Draw only one pattern from this book a day and you don't need to meditate since your mind will be pure after an effort to concentrate on single even the easiest pattern in the book Try it do something to put under control your crazy monkey as Buddhist monks call the mind If you enjoyed the drawings from the first part of the book ZEN Doodle then this is just a continuation of your doodling adventure As the previous part of the book this one also includes many drawings that will guide you through the art of Zen through drawing This part is also conceived like a workbook without much of a text to bother you In addition to simplified step by step instructions how to create different Zen doodles the eBook ZEN Doodle also includes an article on the benefits of ZEN Doodle to children Furthermore you will find the key what the different patterns say about you as a person For example what kind of a person are you if you always draw hearts or chess board And at last you will find more than 20 links to sites and blogs about Zen method of drawing and Zen patterns Here is a preview of what you'll learn What do the drawings say about you Variations of famous Zen patterns ZEN DOODLE for children New Zen doodles Free Pages and blogs about ZEN DOODLE ART Finished Zen drawings Download your copy of ZEN Doodle by scrolling up and clicking Buy Now With 1 Click button **Tangle Art Pack** Beckah Krahula, 2015-09 Grab a pen and get tangled up in hours of relaxation anywhere Now in an all new format Beckah Krahula's best selling book One Zentangle a

Day is reconfigured into this beautiful gift package including an informational book and companion sketchpad featuring prompts and drawings to get you started. Find everything you need to experiment with the playful and inspiring world of tangle art, an incredibly soothing and relaxing way to create beautiful works of art. Each mark is called a tangle, and you combine various tangles into patterns to create tiles or small square drawings. With meditation and focus on small strokes, your simple marks combine to create beautiful detailed drawings in no time. *Meditative Zendoodles* Susanne Schaadt, 2017-04-28. Zendoodling, the popular process of relaxation through drawing, uses repeating shapes or patterns to create an image. Whether you're a first-time Zendoodler or an experienced one, all you need is a pen, paper, and this guide. Step-by-step instructions show how to draw all four versions of the basic pattern: model surface, geometric scatter, and band patterns. Then you're ready to take off to a creative and freer state of mind. More than 100 new and versatile patterns are included, along with templates that you can easily trace or enlarge. This guide offers new animal nature and other motifs, plus suggestions on the many beautiful Zendoodles to create from everyday objects, color experiments to try, or how to incorporate special backgrounds. Exact step sequences ensure you'll get both relaxing moments of drawing and magical Zendoodles. Includes a handy pattern index. **The Art of Zendoodle** Monika Thomas, 2016-02-01. 50 BEAUTIFUL FLOWER AND BUTTERFLY DESIGNS FOR DEEP MEDITATION AND RELAXATION. Are you ready to relieve stress and get creative? Our *The Art of Zendoodle: 50 Beautiful Flower and Butterfly Designs for Deep Meditation and Relaxation* is just what you need. You'll benefit by reducing your stress and anxiety after a long hard day. Coloring has also been shown to increase your creativity. How does coloring help stress for adults? It's been scientifically proven to help you take your attention away from your problems. This is the first step to stress relief. Because coloring regulates your amygdala, you get therapeutic relief from stress. You get a small dose of dopamine when you color, which helps reduce anxiety and fear. Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings, it can literally rewire our brains. Coloring can now be thought of as a very inexpensive and creative therapy session. Since it requires focus, even if you only color for a short period of time, it can improve symptoms associated with ADD. Why choose this coloring book? This book provides more than 50 patterns to provide you with the ultimate coloring experience. You get to be creative and be transported back in time to your carefree childhood days. It's time to unwind with one of the most popular relaxation methods available: adult coloring. Find out for yourself just why adult coloring has become amazingly popular. Choose the best picture that suits your day and start coloring. Our digital version means that you can print out high-quality digital images and color until your heart's content. **The Art of Zentangle** Patricia Thomas, 2016-01-23. 50 GORGEOUS MANDALA PATTERNS FOR MEDITATION AND COMPLETE RELAXATION. Are you ready to relieve stress and get creative? Our *The Art of Zentangle: 50 Gorgeous Mandala Patterns for Meditation and Complete Relaxation* is just what you need. You'll benefit by reducing your stress and anxiety after a long hard day. Coloring has also been shown to increase your creativity. How does coloring help stress for adults? It's been scientifically

proven to help you take your attention away from your problems This is the first step to stress relief Because coloring regulates your amygdala you get therapeutic relief from stress You get a small dose of dopamine when you color which helps reduce anxiety and fear Neuroscience has proven that when we stimulate this area of our brain to produce positive feelings it can literally rewire our brains Coloring can now be thought of as a very inexpensive and creative therapy session Since it requires focus even if you only color for a short period of time it can improve symptoms associated with ADD Why choose this coloring book This book provides more than 50 patterns to provide you with the ultimate coloring experience You get to be creative and be transported back in time to your carefree childhood days It s time to unwind with one of the most popular relaxation methods available adult coloring Find out for yourself just why adult coloring has become amazingly popular Choose the best picture that suits your day and start coloring Our digital version means that you can print out high quality digital images and color until your heart s content

Zendoodle Mandalas: Adult Coloring Book,2015-10-03 It is time you relax and step away from everyday life stress by taking Your Doodling to the Next Level Learn the Art of Zendoodle and Achieve the Ultimate Bliss Do you wish to learn a relaxing form of art that has a meditative quality added to it Do you want to create works of art that does not require any artistic skills or specific and expensive supplies Or maybe you just want to relax and refocus your mind and energy Remember if you want to achieve a timeless state of mind that is free of thinking then this is the perfect book for you Have You Seen a well colored Zentangle Works of Art and Been Inspired tocreateyourown ButDon t Even Know Where toStart It starts with a step Zentangle Mandalas 40 Creative Zendoodle Pattern To Help Arouse The Creativity Imagination and Talent in You Zentangle Zendoodling Drawing Art Creativity volume 2 Remember Zentangling is more than just a way to calm your mind and pass the time it is also a useful tool for improving your general artistic skills The best part about Zentangles is that there is no wrong or wrong way to do it With this book alone you can easily pursue your passion and most importantly give your hands a voice to release your artistry to the world The images are printed on large 8 5 x 11 high quality paper so you ll have plenty of space to work on the details and be creative After you are finished you ll have lovely works of art that are worthy of hanging on the wall refrigerator or as a Personal Album Tips Please note that if you are using markers or gel pens consider using scrap paper behind the page you re coloring to prevent bleed through tags

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