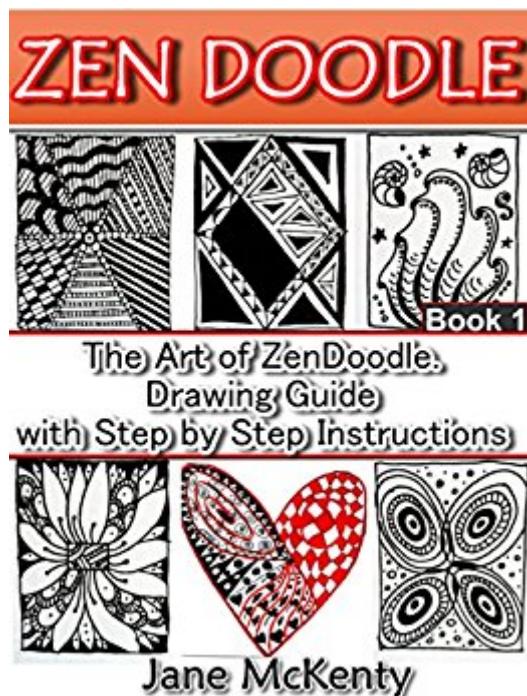


The book was found

ZEN DOODLE: The Art Of Zen Doodle. Drawing Guide With Step By Step Instructions. Book One. (Zen Doodle Art 1)



Synopsis

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.

Book Information

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Customer Reviews

I like this book, it actually shows some really cool tangles. Most of these books just talk about how zentangle started and that's it. This book shows really nice Zen patterns. The patterns in the book are easy to learn and relaxing to draw.

This is an okay Zendoodle book. It doesn't have as many tangles as the best known Zentangle books. The steps are not thoroughly drawn out. The author tends to describe to you how to draw the pattern rather than illustrating it. The best Zentangle books give good step-by-step instructions. There is a lot of borrowing of other patterns and using patterns without telling you the original pattern Name. For these reasons, it's hard for me to recommend this book to beginners. I would only recommend it if you have read the main 10 or so books by the best known Zentangle author and are looking for more ideas. This is a perfect example of why Zendoodle books don't tend to be as good as Zentangle books. It just looks like it is borrowing from Zentangle and not creating something unique. I still read them because I'm always looking for more creative ideas, but they always leave me feeling "blah," and this book is no exception.

ZEN DOODLE book is now circulating around the world, it has been so very popular because of its benefits that can help us to have a healthier life. This hobby is great for people who wants to chill and have a break from papers works. This is a way of releasing stress and anxiety that we are facing everyday. Such a relaxing thing to do during your rest days and holidays. This can improved one's skills and creativeness when it comes to art. No need to follow rules and complicated steps, plus it is very cheap you can surely enjoy every bit of it. Good book, you all must try it.

Very cool instructional book on drawing zen doodle images! This particular book is very different and fresh from the other drawing books I have ever bought. It increased my knowledge about zen doodle as well as made me learn about the techniques for drawing it. Even a person unfamiliar with zen doodle will know about it because of this book and learn this cool art form.

This book, showing stepouts and paragraphs of hints for 25 tangles, not only sharpens your skills, but presents the instructions in a way that you will remember them! Jane McKenty is definitely one

of my favorite Zentangle teachers.

I got this as a free Kindle book. I lead a creative meditation group that has spent several months on Zen Doodling. I was browsing what was available and found this. There is some good basic information here. There is a handful of tangles/patterns to get a person started. I have a problem, though, with the frequent suggestions that the reader will need to use a ruler or to lay out their design in pencil to avoid mistakes. A significant portion of what makes this process "Zen" is in letting go of the expectations that we must strive for perfection. The goal is to be, "in the moment" and it is hard to achieve that when you are measuring and erasing and worrying that you will make a mistake.

I enjoy patterning. We all seem to have an inner catalog of shapes and patterns. These books are great for giving you a chance expand that catalog and inspire new visions

I just downloaded this on my unlimited and there were hardly no pictures. Has any one else had this issue. What was there was interesting.

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