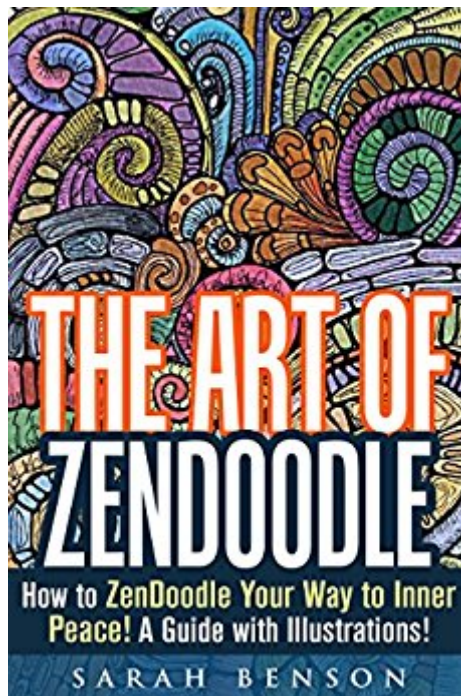


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# **The Art Of ZenDoodle: How To ZenDoodle Your Way To Inner Peace! A Guide With Illustrations! (Tangle Patterns & Meditation)**



## Synopsis

Have you heard of the terms Zentangle and Zendoodle? Would you like to know the difference between the two and get started with some awesome patterns? Then look no further! The difference between Zentangle and Zendoodle is simply the fact that Zentangle is a trademarked term. Zendoodle is the same concept with some slightly less strict rules. You still get the same amazing benefits of Zentangle when you Zendoodle, and the bonus is that you can sell your art if you so choose! Many artists are now using this form of art to warmup before they begin another piece of art. You can also use this method to warmup for other art, or you can use this only method to practice art! Many people have forgone trying to doodle anything because they feel theyâ™re not able to draw like Van Gogh, so they might as well not try at all. But this is simply not true! You can create beautiful, breathtaking art with just a few strokes of a pencil or pen and your art will look just as good as anyone elseâ™s! In this book, youâ™ll learn:â€¢ The difference between Zentangle and Zendoodle.â€¢ The benefits of Zendoodle.â€¢ How you can sell your artwork.â€¢ The method of Zendoodle.â€¢ Eleven tangles to get you started.â€¢ And much more! So scroll up and grab a copy of this eBook today on Zendoodling!

## Book Information

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Nonfiction > Self-Help > Creativity

## Customer Reviews

This has been one of my favorite coloring books by far I love the designs. Each page is complex but easy enough to complete in one sitting. I have nearly completed the book and will buy some of the other books in this series. One thing about this book is the paper is really nice with a smooth texture that takes ink really smoothly with full coverage without requiring going over multiple times. The pages are perforated so they can be removed and used as journal pages or framed. I use markers and unfortunately they bleed through the page so the reverse of the page is dotted up with bleed-through but there isn't much help for that. Also, the designs are all different but have similar design elements from page to page so the lack of variety in the details might not appeal to some, Otherwise I love the book myself and highly recommend it. I used a wide variety of pens - sharpies, color pencils and gel pens.

This is my first Zendoodle Kindle book. I too thought these two words had the same meaning and just replaceable. I now have a better idea what each technique is and what their main differences are. This book is perfect for anyone to learn Zendoodle patterns and practice. Lots of clear instruction, download link works (as it sometimes doesn't in other books of this type.) This was a free Kindle download and I would download it again.

I was introduced to zen doodling by a close friend of mine. I was impressed and wanted to learn more patterns. Zen doodling is very relaxing. Once you start doing it you want to learn more of it. This book is great for beginners. The patterns are simple and easy.

Dealing with stress with the help of art is really amazing. The author presented few sets of patterns with step by step instructions, just followed them and it was relaxing. Once you master these techniques you can create your patterns. I found this book inspiring. It is an interesting way to bust the stress.

Very basic, with a description of what Zendoodle is, and why we do it, and then it is just the step-outs for 11 tangle patterns and at the end of the book a few suggestions on how to use them, but with no graphics. The graphics for the step-outs are quite good, but overall I'm rather disappointed.

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The Art of ZenDoodle: How to ZenDoodle Your Way to Inner Peace! A Guide with Illustrations! (Tangle Patterns & Meditation) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) Crochet: Easy Crochet Patterns: Crochet Patterns for Beginners (Crochet: Step by Step Crochet, Crochet Patterns, Easy Crochet Patterns, Crochet Patterns for Beginners, and Crochet Projects) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting Happiness Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths) Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) Peace of Mindfulness: Everyday Rituals to Conquer Anxiety and Claim Unlimited Inner Peace Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth (Spirituality Journey, Book 2) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) DIY Projects Box Set: 25 Simple Ways to Cut Your Spending. Tips and Techniques to Create Indoor Garden Plus Drawing and Zendoodle Basic Lessons (frugal living, Indoor Gardening, drawing lessons) Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships Tangle

