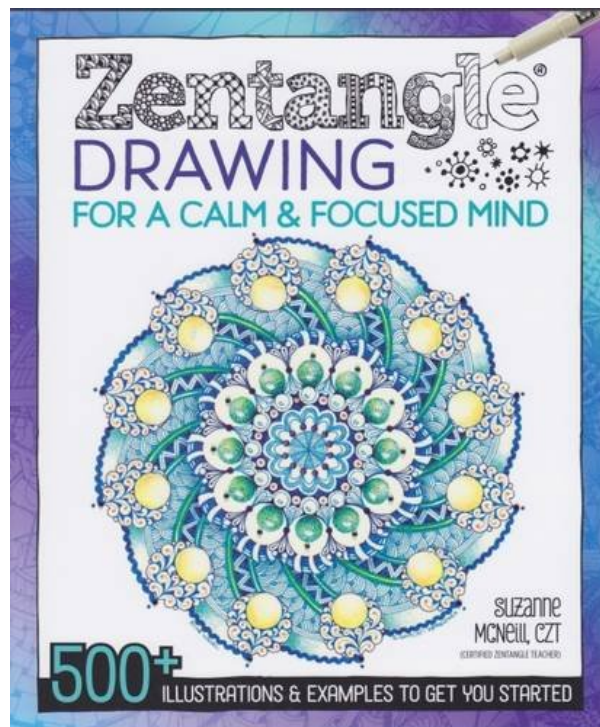
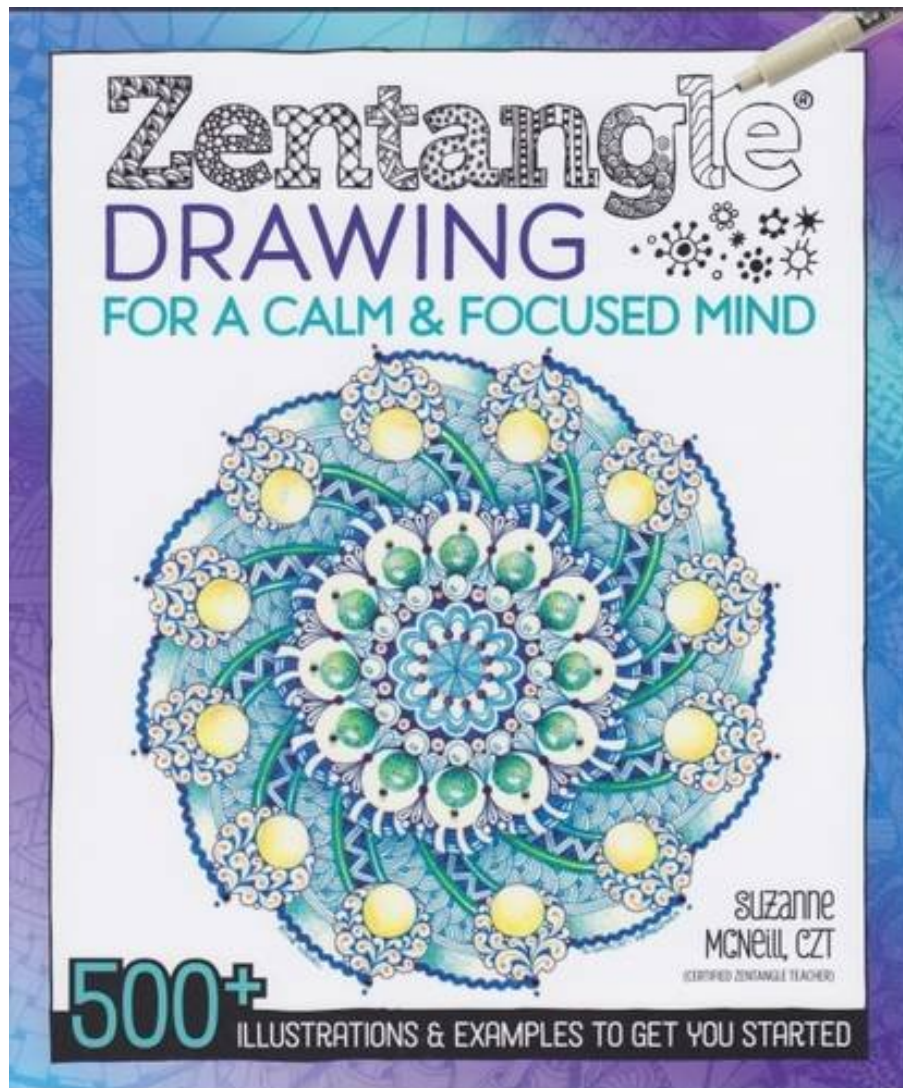


ZENTANGLE DRAWING FOR A CALM & FOCUSED MIND BY SUZANNE MCNEILL CZT



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Draw Your Way to Mindfulness When Rick Roberts and Maria Thomas created Zentangle, they wanted to help others enjoy a simple yet meditative experience. Little did they know that it would touch so many lives in so many ways. Zentangle can be a satisfying, healthy stress-management activity, with many of the positive effects of mindful meditation. It can even help children with developmental disabilities to lead full and successful lives. But the benefits of Zentangle are not limited to any specific condition acquiring a sense of peace and calm is a life skill that can benefit everyone."

About the Author

Suzanne McNeill is the author of more than 200 craft & hobby books, including Joy of Zentangle, The Beauty of Zentangle, the 11-volume Zentangle series, and Zen Mandalas. Suzanne founded the leading publisher of Zentangle books, Design Originals (an imprint of Fox Chapel Publishing). She was voted Designer of the Year and received the Lifetime Achievement Award from the Craft & Hobby Association. Suzanne has been called "the trendsetter" of the arts and crafts industry.

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Zentangle-inspired designs are turning up everywhere on prints, paintings, greeting cards, crafts, and fashion. But it's not just for professional artists anyone can learn to draw using the easy-to-learn Zentangle method. Even if you have never considered yourself an artist you can create beautiful, original art with Zentangle! Inside this book readers will find an introduction to Zentangle basics; step-by-step practice tangle patterns; advanced techniques for shading and coloring; creative Zentangle-inspired project ideas; and a gallery of inspiring Zentangle artwork; plus templates, strings, stencils, alphabets, Zendalas, and more. Zentangle can be a satisfying, healthy stress-management activity, with many of the positive effects of mindful meditation. It can even benefit children with developmental disabilities by helping them to lead full and successful lives. But the benefits of Zentangle are not limited to those affected by a specific condition or disorder. Acquiring a sense of peace and calm is a life skill that can benefit everyone.

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Features

- Design Originals-Zentangle Drawing For A Calm & Focused

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Most helpful customer reviews

8 of 8 people found the following review helpful.

Good book but expensive

By Reader

Good book but like many has lots of blank space. The 500 claim on the cover must include each and every use of tangles in completed squares. The examples are excellent I just felt cheated out of examples especially taking into count the cost. See Zentangle Art Therapy for \$8. Much more bang for your dollar.

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Zen tangle drawing not calming

By DARLENE A MILLER

Too many pictures to color that are very busy with small spaces to color. This is not very calming for me. Passed it on to a friend

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