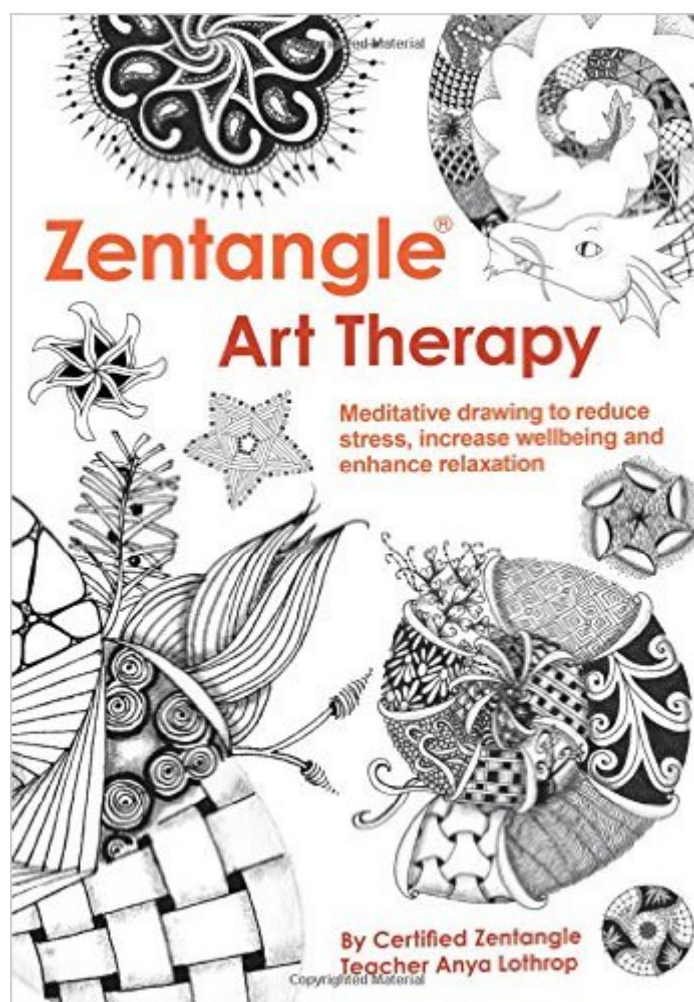


The book was found

# Zentangle Art Therapy



## Synopsis

Try your hand at calming meditational drawings. If youâ™re someone who likes to doodle on napkins and scrap paper, then youâ™re going to thoroughly enjoy the art of Zentangling. This funny, little word is actually an international phenomenon used to reduce stress, increase wellbeing, and enhance relaxation. And while the Zentangle movement is relatively new, its applications are steeped in history and culture as evidenced in its symbols, designs, and patterns. Now you can unlock your potentialâ |unleash your creativityâ |and experience the relaxing sensations of crafting unique, treasured artwork with Zentangle® Art Therapy. This unusual book offers a wonderful introduction to those new to Zentangle, and covers the tools required and the basic techniques to get started. Simple patterns including baseline, fillers, ribbons, and borders offer a foundation to explore more complex, three-dimensional design. Youâ™ll learn how to further enhance your creations using shading and color. You get: A comprehensive and fascinating introduction to Zentangle Complete explanations of all the basic tools and techniques 250 black-and-white illustrations depicting the wide variety of one-of-kind patternsâ •from the simple to the complex Channel your energy into this simple art form and feel the positive effects. Put a little extra calm in your day as you nourish your creativity. Zentangle® Art Therapy is full of inspirational artwork to give you a taste of the Zen-dless possibilities.

## Book Information

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## Customer Reviews

I just wanted to say how much I LOVE this book! I have several at home but this is definitely my

favorite. It has beautiful illustrations and very clear instructions on how to do the zentangle patterns. There are quite a few pages and plenty of ideas to keep you busy! The artist chose many patterns for this book that you can mix up and create so many unique designs from. Zentangle Art Therapy has been a number one bestseller in Germany on .de and thankfully it has been translated to English and sold in the US for us to enjoy! I highly recommend this book to add to your collection.

I learned new techniques especially on shading. The book was not repetitive even when I knew the tangle. I still benefited by the discussion. More examples than other larger by page books. Great examples I deconstructed to understand how they were drawn. The book was worth every penny and fun to read.

This book is very helpful and can be used by both the beginner and the more advanced. The examples and information are clear. I would recommend it to those just getting started as well as those who have been doing Zentangle for some time.

This a great teaching book. Although I've been doing zentangle for a few years, there were new designs to explore and enjoy. Not every design used is illustrated but the pictures are clear and concise, making it easy to figure it out. I am really enjoying the book.

I have to agree with the other less-than-five-star reviews. This COULD have been a 5. My copy arrived last week. The book is beautiful, but every other Zentangle® book I've purchased (in the neighborhood of 10-12) provided Zentangle-style how-tos for every pattern shown. This book provides a lot of the basic tangles that appear in nearly every Zentangle book, but not the unique ones for which I bought it. And some of the basics have names other than the established or official names of the Zentangle originals. And there is no index to the patterns in the back, so you can't even locate the few how-tos easily. (I would like to see an index, both visual and text, in every Zentangle book, so I can stop wasting time looking for specific patterns or information.) If you are going to publish a book in the Zentangle style, look, and feel, using your CZT on the cover, I think you owe it to the buying public to abide by the established protocol of the other books. I would be happy to pay more for a complete book. This one is decidedly incomplete. As it is, I'm extremely disappointed that the tangles that drew me in are not provided. That's anti-therapeutic. Anya, it would be a good idea to publish a reasonably priced supplement with all the missing tangles and an index, please.

Excellent book for beginners and intermediates - would recommend to my friends. There are explanations of why doing this kind of creative endeavor helps reduce stress. Well thought out and presented.

If you are looking for an instruction book on how to create each of the many patterns, this book is NOT for you. There are very few actual patterns. There are lots of "tips" with very little to nothing explaining how to achieve them. Only someone who already has a very strong working knowledge of drawing AND zentangle would be able to accomplish anything found in this book. Frankly, I learned, and accomplished more by googling zentangle patterns. If, however, you like to look at pretty pictures of finished zentangle, you have found your book.

I have a HUGE assortment of Zentangle books. This one is my new favorite!

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Zentangle Inspired Art: A Beginners Guide to Zentangle Art and Zentangle Inspired Art and Craft Projects  
Zentangle: 33 Zentangle Patterns to Inspire Your Inner Artist--Even if You Think You're Not One!! (Zentangle Mastery Series Book 3) (Zendoodle Mastery Series)  
Zentangle Art Therapy  
Zentangle Basics, Expanded Workbook Edition: A Creative Art Form Where All You Need is Paper, Pencil & Pen  
The Art of Zentangle: 50 inspiring drawings, designs & ideas for the meditative artist  
Giraffe Coloring Book: An Adult Coloring Book of 40 Zentangle Giraffe Designs with Henna, Paisley and Mandala Style Patterns (Animal Coloring Books for Adults) (Volume 26)  
Sex Position Coloring Book: A Dirty, Rude, Sexual and Kinky Adult Coloring Book of 40 Zentangle Sex Position Designs (Sexy Coloring Books) (Volume 1)  
Adult Coloring Book: 50 Halloween Coloring Pages, Coloring Books For Adults Series By ColoringCraze.com (Adult Coloring Books, Creative Zentangle ... Coloring Books For Grownups) (Volume 11)  
Zentangle The Great Zentangle Book: Learn to Tangle with 101 Favorite Patterns  
Lighthouse Coloring Book: 20 Lighthouse Designs in a Variety of Styles from Zentangle Designs to Realistic Sketches (Ocean Coloring Books) (Volume 1)  
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Wolf Coloring Book: An Adult Coloring Book of 40 Zentangle Wolf Designs with Henna, Paisley and Mandala Style Patterns (Animal Coloring Books for Adults) (Volume 23) Sea Shell Coloring Book: An Adult Coloring Book of 40 Zentangle Sea Shell Designs for Ocean, Nautical, Underwater and Seaside Enthusiasts (Ocean Coloring Books) (Volume 5) ZEN FLOWERS: Flower Doodle Designs (Zendoodle, Zentangle, Doodle)

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