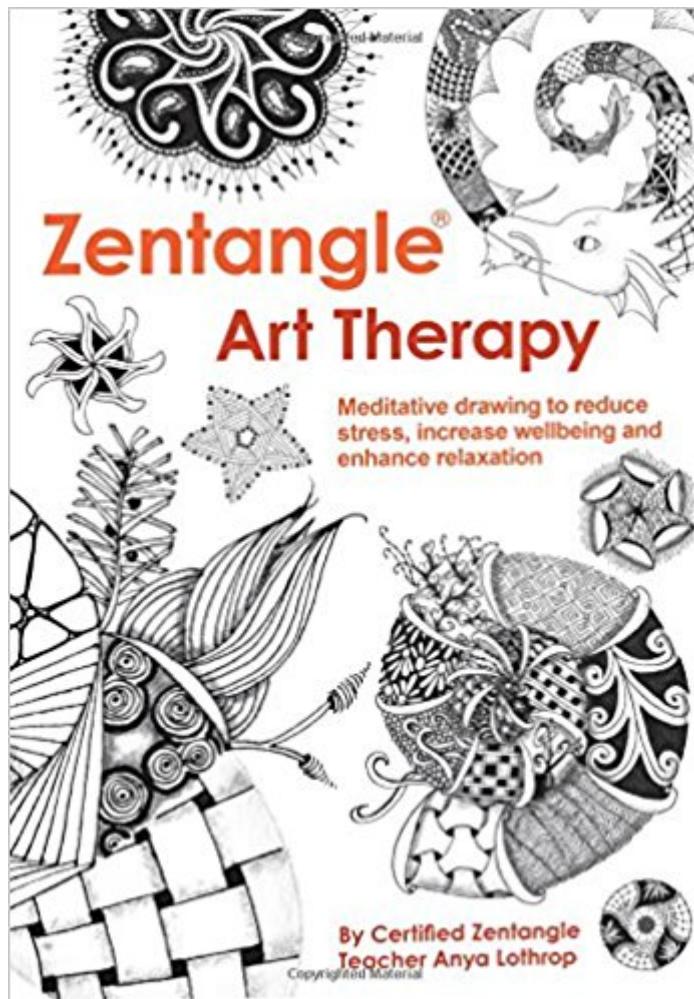


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# Zentangle Art Therapy



## Synopsis

Try your hand at calming meditational drawings. If you're someone who likes to doodle on napkins and scrap paper, then you'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 potential—unleash your creativity—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. You'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 patterns—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

Anya Lothrop is a certified Zentangle Teacher and would like to invite the reader to feel the flow,

release their potential and explore this elegant artistry. The reader will find creative expression and create a treasured piece of art in an empowering and uplifting way. The benefits of Zentangle Art Therapy include reduced stress, increased wellbeing and enhanced relaxation.

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.

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 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+) 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.

Another excellent instruction resource for Tanglers. Dozens of patterns with easy to follow drawing instructions. Highly recommended.

Love this book. I bought it as a gift for a friend who was interested in Zentangles, but had no idea how to start. Good instructions and very well illustrated, which makes this a good book for beginners or more advanced "tanglers".

I enjoy Zentangle and this book encourages me to do more.

Perfect. It has loads of ideas and the index helps find what I need. Some tangles I'm not familiar with but that comes with the beauty of the book. Lots of information in it.

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Zentangle Ice Cream Adult Coloring Book Designs: Patterns for Relaxation and Stress Relief (Zentangle Art and Color) (Volume 1) Zentangle Art Therapy Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) 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 Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition Light Therapy: Teach Me Everything I Need To Know About Light Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D) 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) The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) The Great Zentangle Book: Learn to Tangle with 101 Favorite Patterns Zentangle 9, Workbook Edition: Adding Beautiful Colors with Mixed Media (Design Originals) Drawing: Drawing and Sketching,Doodling,Shapes,Patterns,Pictures and Zen Doodle (drawing, zentangle, drawing patterns, drawing shapes, how to draw, doodle, creativity) Pattern Play: a Zentangle Creativity Boost (Volume 1) Zentangle One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) Giraffes Coloring Book - 60 Zentangle Giraffe

Designs: with Paisley and Mandala Patterns for Stress Relief and Relaxation (Adult Coloring Books) (Volume 11) Lighthouse Coloring Book: 20 Lighthouse Designs in a Variety of Styles from Zentangle Designs to Realistic Sketches (Ocean Coloring Books) (Volume 1) Rabbit Coloring Book: An Adult Coloring Book of 40 Zentangle Rabbit Designs with Henna, Paisley and Mandala Style Patterns (Animal Coloring Books for Adults) (Volume 21) Rat Coloring Book: An Adult Coloring Book of 40 Zentangle Rat Designs with Henna, Paisley and Mandala Style Patterns (Animal Coloring Books for Adults) (Volume 22) The Zentangle Untangled Workbook: A Tangle-a-Day to Draw Your Stress Away

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