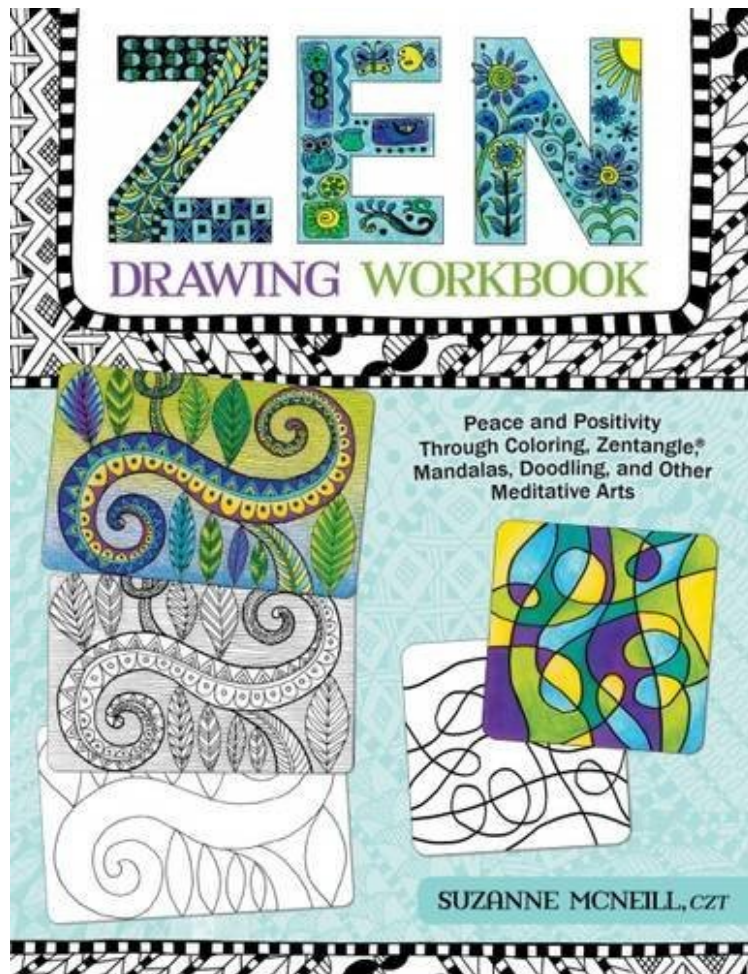


[Library ebook] Zen Drawing Workbook: Peace and Positivity through Zentangle (R), Mandalas, Doodling, and Other Meditative Arts

Zen Drawing Workbook: Peace and Positivity through Zentangle (R), Mandalas, Doodling, and Other Meditative Arts

Suzanne McNeill

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#File Name: 149720125X104 pagesDesign Originals-Zen Drawing Workbook | File size: 67.Mb

Suzanne McNeill : Zen Drawing Workbook: Peace and Positivity through Zentangle (R), Mandalas, Doodling, and Other Meditative Arts before purchasing it in order to gage whether or not it would be worth my time, and all praised Zen Drawing Workbook: Peace and Positivity through Zentangle (R), Mandalas, Doodling, and Other Meditative Arts:

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Experience the Zen of creativity with today's most popular therapeutic art techniques. Inside you'll find step-by-step instructions for Zentangle®, mandalas, Doodly Grids, coloring, FloraBunda, and much more. Whether you have only a few minutes to spare or want to relax for hours, this big book will have you coloring and drawing your way to peace, calm, and mindfulness through art. Clear how-to explanations and gorgeous color illustrations make it easy to find your Zen with colored pencils, markers, pens, crayons, or watercolor pencils. Sample projects will guide and inspire you, with plenty of space right inside the book to experiment with color, pattern, and form. These simple art techniques will help you to relax, feel more positive, and enjoy the moment. So get in your creative zone with therapy that's fun!

Anyone can now experience the Zen of creativity with today's most popular therapeutic art techniques with Suzanne McNeill's "Zen Drawing Workbook" for adults. Inside are thoroughly 'user friendly', step-by-step instructions for Zentangle, Mandalas, Doodly Grids, Coloring, FloraBunda, and much more. Whether you have only a few minutes to spare or want to relax for hours, the "Zen Drawing Workbook" is a big book will have you coloring and drawing your way to peace, calm, and mindfulness through art. Clear how-to explanations and gorgeous color illustrations make it easy to find your Zen with colored pencils, markers, pens, crayons, or watercolor pencils. Sample projects will guide and inspire you, with plenty of space right inside the book to experiment with color, pattern, and form. These simple art techniques will help you to relax, feel more positive, and enjoy the moment. "Zen Drawing Workbook" is enthusiastically recommended for hours and hours of contemplative fun! From the Back Cover Relax Your Mind and Let Your Creativity Flow Experience the Zen of creativity with today's most popular therapeutic art techniques. Inside you'll find step-by-step instructions for Zentangle(R), mandalas, Doodly Grids, coloring, FloraBunda, and much more. Whether you have only a few minutes to spare or want to relax for hours, this big book will have you coloring and drawing your way to peace, calm, and mindfulness through art. Clear how-to explanations and gorgeous color illustrations make it easy to find your Zen with colored pencils, markers, pens, crayons, or watercolor pencils. Sample projects will guide and inspire you, with plenty of space right inside the book to experiment with color, pattern, and form. These simple art techniques will help you to relax, feel more positive, and enjoy the moment. So get in your creative zone with therapy that's fun! Discover the wonderful mental, spiritual, and physical benefits of meditative art: - Best practices for eight therapeutic art techniques- Mindful, relaxing art that is uniquely yours and fun to do- Doodly Grids, sketching, Zentangle, coloring, FloraBunda, and more- Sample projects, drawing guides, and step-by-step instructions About the Author Author of 230 craft hobby books and 15 Zentangle books, Suzanne McNeill has been called "the Trendsetter" for arts and crafts. Dedicated to hands-on creativity, she constantly tests, experiments and invents something new and exciting. Suzanne is the woman behind Design Originals, a publishing company dedicated to all things fun and creative. Winner of the Craft and Hobby Association's Industry Achievement Award, she is a designer, artist, columnist, TV personality, publisher, art instructor, author, and lover of everything hands-on.