



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

Suzanne McNeill

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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!

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