



Zentangle Basics: A Step by Step Guide on How to Make Zentangle for Absolute Beginners (Zentangle Basics, Zentangle Basics book, Zentangle)

Ernest Forbest

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Zentangle Basics (FREE Bonus Included)

A Step by Step Guide on How to Make Zentangle for Absolute Beginners

If you have not heard about Zentangle you have no idea what you are missing! Understandably it is not obvious what Zentangle is, when I first heard of it I mistakenly thought it was some form of exercise. Nothing could have been further from the truth. Zentangle is the name given to a self help art therapy practice that is both fun and enjoyable and is used by many as a form of relaxation. Whilst the Zentangle method could easily be misconstrued as a up market type of doodling there are significant differences. There are no special requirements or materials need to Zentangle and it is a practice that is open to all age groups with no creativity or artistic background needed.

This book covers the following areas in more detail and should provide you with a thorough understanding of the art that is Zentangle.

- Zentangle is a form of art therapy
- How Zentangle started
- The Zentangle theory
- Zentangle Methods and Characterizations
- Benefits and uses of Zentangle
- Zentangle vs. Doodling
- Zentangle Glossary
- Method and Creation of Zentangle
- Zentangle frequently asked questions

Don't delay for a minute longer begin your Zentangle creations today and feel a sense of relaxation wash over you and take your cares away.

Getting Your FREE Bonus

Read this book and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion. _____ Tags: Zentangle Basics, Zentangle Basics book, Zentangle, zentangle patterns,

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