



One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)

By Beckah Krahula

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One Zentangle A Day is a beautiful interactive book teaching the principles of Zentangles as well as offering fun, related drawing exercises. Zentangles are a new trend in the drawing and paper arts world. The concept was started by Rick Roberts and Maria Thomas as a way to practice focus and meditation through drawing, by using repetitive lines, marks, circles, and shapes. Each mark is called a "tangle," and you combine various tangles into patterns to create "tiles" or small square drawings. This step-by-step book is divided into 6 chapters, each with 7 daily exercises. Each exercise includes new tangles to draw in sketchbooks or on tiepolo (an Italian-made paper), teaches daily tile design, and offers tips on related art principles, and contains an inspirational "ZIA" (Zentangle Inspired Art) project on a tile that incorporates patterns, art principals, and new techniques.

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Editorial Review

About the Author

Beckah Krahula is an artist, writer, consultant, product designer, and industry expert. She began her career with the first graphic rubber stamp company in the U.S., and has worked as a full-time mixed media artist ever since. She has worked for publishers, toy designers, and product manufacturers. In February of 2011 she became a certified Zentangle teacher. She lives in Houston, TX. She is the author of *One Zentangle a Day* (Quarry Books, 2012) and *500 Tangles*, (Quarry Books, 2015).

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The Eleven-Step Zentangle Process

Relax

Breathe

Admire the paper and tools.

Appreciate this opportunity.

Draw the border.

Draw the string.

With the pen, draw the tangles.

With the pencil, shade the tangles.

With the pen, initial the front, and sign, date, and comment on the back.

Reflect and appreciate.

Admire up close and at arm's length.

Users Review

From reader reviews:

John McDole:

Do you one of people who can't read satisfying if the sentence chained within the straightway, hold on guys this particular aren't like that. This *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)* book is readable by means of you who hate the straight word style. You will find the facts here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to provide to you. The writer of *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)* content conveys the idea easily to understand by most people. The printed and e-book are not different in the written content but it just different in the form of it. So , do you nonetheless thinking *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)* is not loveable to be your top record reading book?

Betty Benner:

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Day) can be one of your beginning books that are good idea. All of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort that will put every word into delight arrangement in writing One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) nevertheless doesn't forget the main stage, giving the reader the hottest and also based confirm resource facts that maybe you can be one among it. This great information may drawn you into completely new stage of crucial contemplating.

Billy Migliore:

Don't be worry in case you are afraid that this book may filled the space in your house, you may have it in e-book approach, more simple and reachable. This kind of One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) can give you a lot of pals because by you checking out this one book you have matter that they don't and make a person more like an interesting person. That book can be one of one step for you to get success. This e-book offer you information that possibly your friend doesn't understand, by knowing more than different make you to be great men and women. So , why hesitate? Let me have One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day).

Brenda Moulton:

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