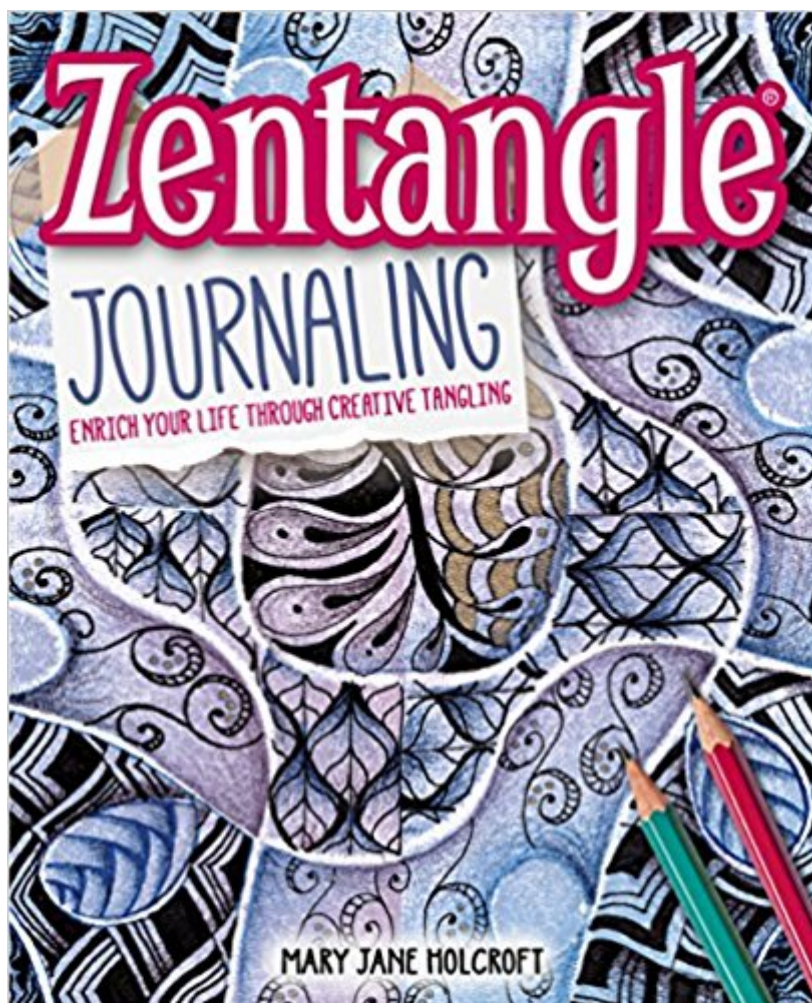


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# Zentangle Journaling



## Synopsis

The purpose of this book is to bring the mediums of tangling and journaling together to help readers enrich their lives. On each spread there is an outline for readers to fill as they choose. Inspiration is provided by a corresponding finished artwork complete with a range of Zentangle patterns. The process of filling the outlines is meditative and will set up the right conditions for readers to express their feelings in the spaces around the images. Whether these thoughts are dreamy or stormy, releasing them will leave readers with a calm spirit, a clear mind and a beautiful journal page. Zentangle Journaling offers a gentle and forgiving way to overcome deep-seated barriers to creativity and develop a stronger, happier self. A wonderfully therapeutic way of releasing innermost thoughts and feelings. Re-connect with creativity through a perfect marriage between Zentangle and journaling. Every page is a thing of beauty, offering the perfect conditions for self-expression. At the end readers will have a personalized journal and record of their development. --This text refers to an alternate Paperback edition.

## Book Information

Paperback: 160 pages

Publisher: Arcturus Publishing Ltd (June 15, 2016)

Language: English

ISBN-10: 1784049816

ISBN-13: 978-1784049812

Product Dimensions: 6.9 x 0.9 x 8.5 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #538,351 in Books (See Top 100 in Books) #178 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Scrapbooking #1470 in Books > Arts & Photography > Painting

## Customer Reviews

Mary Jane Holcroft is a Certified Zentangle Teacher. She discovered Zentangle quite by chance when researching a topic for her school class. Although she had once studied art, she had lost touch completely with her creative side. Zentangle brought her back in touch with it, as has her love of journaling. Mary Jane says: 'The process of putting my thoughts down on paper gives them clarity and also takes away any negative power they may have held.' --This text refers to an alternate Paperback edition.

I had ZERO idea of what to expect when I ordered this book - I was really missing the "view inside" option but decided that, for the price, I was willing to take a chance. I imagined that it would be mostly white space inside with spaces for daily writing and a daily tangle . . . and maybe a daily prompt along the lines of "write about a time when you were sad and then fill this box with tangles that showed how you feel." I could not have been more wrong!!! This should have been called "Art Journaling meets Zentangling." There is page after page of full color journal pages on beautiful colored backgrounds. There are about 30 pages that have outlined objects that were left empty for us to fill with tangles (but I think I will make photocopies and draw on those). There is so much inspiration in this small volume! I immediately pulled out some watercolors and made some backgrounds for my own ZIAs. I'll be finding ideas in this book for a very long time.

Love the ideas in this book. Can not wait to try a few more out in my tangle journal.

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125 Creative Journal Writing Prompts: Journaling Ideas and Motivation for Success (Journaling bible, Journaling prompts) Zentangle Ice Cream Adult Coloring Book Designs: Patterns for Relaxation and Stress Relief (Zentangle Art and Color) (Volume 1) Zentangle Journaling Faith Journaling for the Inspired Artist: Inspiring Bible art journaling projects and ideas to affirm your faith through creative expression and meditative reflection Zentangle Art Therapy 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) Zentangle Basics, Expanded Workbook Edition: A Creative Art Form Where All You Need is Paper, Pencil & Pen 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 The Art of Zentangle: 50 inspiring drawings, designs & ideas for the meditative artist 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

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