



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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- Sales Rank: #5794 in Books
- Brand: Quarry Books
- Published on: 2012-11-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .50" w x 8.75" l, .94 pounds
- Binding: Paperback
- 128 pages

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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:

Martha Doughty:

Have you spare time for a day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the actual Mall. How about open as well as read a book titled *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)*? Maybe it is for being best activity for you. You realize beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have some other opinion?

Virginia Dunn:

The ability that you get from *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)* could be the more deep you rooting the information that hide in the words the more you get considering reading it. It doesn't mean that this book is hard to comprehend but *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)* giving you enjoyment feeling of reading. The author conveys their point in particular way that can be

understood through anyone who read this because the author of this reserve is well-known enough. This kind of book also makes your own personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) instantly.

Valerie Little:

Exactly why? Because this One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content within easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your talent and your critical thinking approach. So , still want to postpone having that book? If I were being you I will go to the publication store hurriedly.

Mary Alejandro:

This One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) is completely new way for you who has attention to look for some information since it relief your hunger details. Getting deeper you in it getting knowledge more you know or perhaps you who still having small amount of digest in reading this One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) can be the light food for you because the information inside this kind of book is easy to get through anyone. These books build itself in the form and that is reachable by anyone, yes I mean in the e-book application form. People who think that in book form make them feel tired even dizzy this publication is the answer. So there is no in reading a book especially this one. You can find actually looking for. It should be here for you. So , don't miss this! Just read this e-book variety for your better life in addition to knowledge.

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