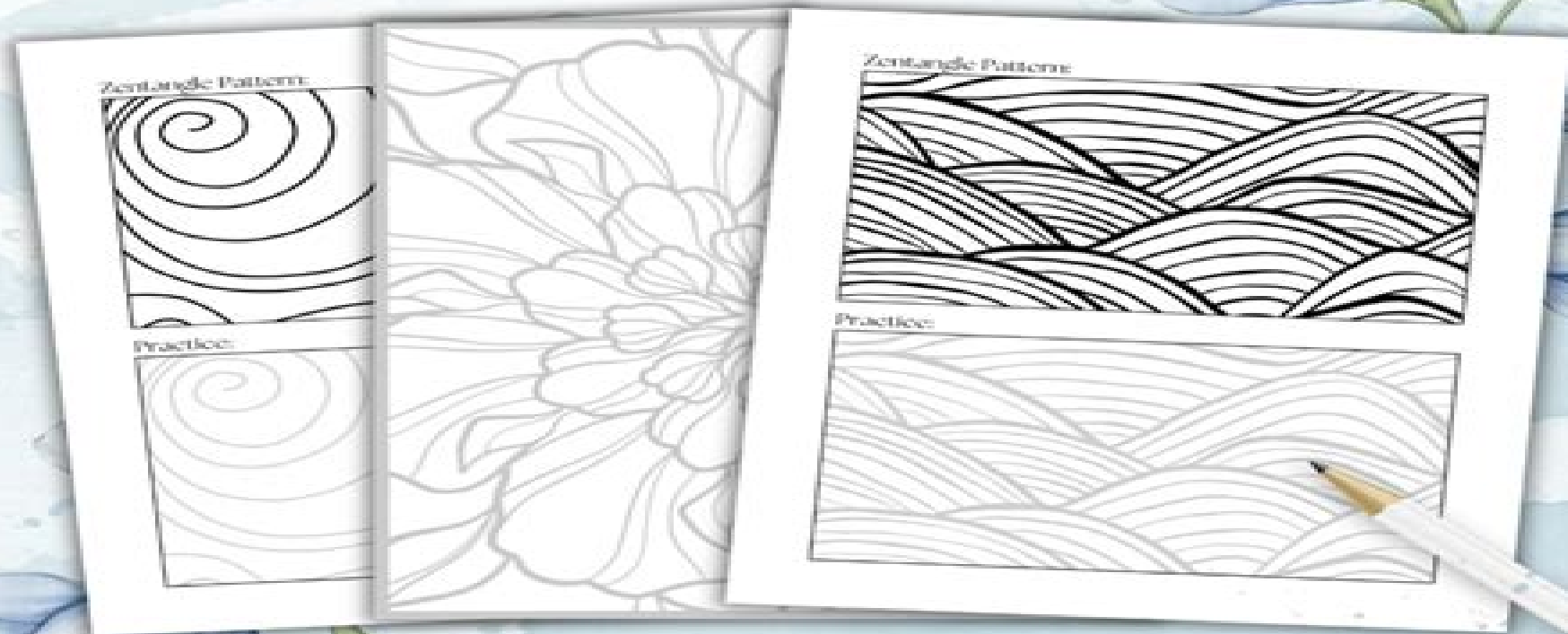


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aren't just the visual appeal. When you use the Zentangle Method daily, you'll begin to see changes in your life and your mindset in a big way. How well Zentangle was originally developed as a way to practice mindfulness and meditation through the repetitive art of drawing these simple but challenging patterns, each stroke of your pen brings you closer to the zen in Zentangle. If you're looking for a way to create beautiful artwork that only looks impossible but is actually quite simple, then be sure to grab all 3 Volumes of my Zentangle Mastery Series that's 99 patterns. Here's what you'll find inside Expanded Workbook Edition so you can practice each pattern step by step PLUS extra space to create your own original tangles using each pattern. What the Zentangle Method is, Common Myths and Misconceptions. Each step of the Zentangle process, 33 unique tangle patterns with step by step picture instructions for each pattern. Common Zentangle terminology. The essentials for practicing Zentangle: do you really need 20 different pens, colored markers, colored pencils, a sketchbook, and tiles? How to create your very own tangle. Plus so much more. So if you need some encouragement and inspiration to create your own Zentangle artwork, then let me be your guide and help you along your Zentangle journey.

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