



## 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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**One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) By Beckah Krahula Bibliography**

- Sales Rank: #57791 in eBooks
- Published on: 2012-11-01
- Released on: 2012-11-01
- Format: Kindle eBook

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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:**

##### **Michael Riddle:**

The actual book One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) has a lot info on it. So when you make sure to read this book you can get a lot of profit. The book was published by the very famous author. The writer makes some research previous to write this book. This particular book very easy to read you may get the point easily after looking over this book.

##### **Brian Wilson:**

This One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) is great e-book for you because the content which can be full of information for you who also always deal with world and have to make decision every minute. This particular book reveal it details accurately using great coordinate word or we can say no rambling sentences inside. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but hard core information with attractive delivering sentences. Having One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) in your hand like

obtaining the world in your arm, information in it is not ridiculous one particular. We can say that no book that offer you world inside ten or fifteen moment right but this guide already do that. So , it is good reading book. Heya Mr. and Mrs. occupied do you still doubt which?

**Isabel McNeal:**

As we know that book is very important thing to add our expertise for everything. By a reserve we can know everything we want. A book is a set of written, printed, illustrated or blank sheet. Every year had been exactly added. This guide One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) was filled with regards to science. Spend your time to add your knowledge about your research competence. Some people has distinct feel when they reading a new book. If you know how big advantage of a book, you can sense enjoy to read a reserve. In the modern era like now, many ways to get book that you wanted.

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