



## 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**

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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:**

##### **James Williamson:**

As people who live in typically the modest era should be update about what going on or info even knowledge to make them keep up with the era that is certainly always change and move ahead. Some of you maybe will update themselves by examining books. It is a good choice for you but the problems coming to anyone is you don't know what one you should start with. This *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)* is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

##### **Antonio Duncan:**

People live in this new moment of lifestyle always aim to and must have the spare time or they will get large amount of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the book you

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

**Wanda Mason:**

As a student exactly feel bored to help reading. If their teacher expected them to go to the library as well as to make summary for some book, they are complained. Just tiny students that has reading's heart or real their passion. They just do what the instructor want, like asked to the library. They go to generally there but nothing reading very seriously. Any students feel that examining is not important, boring along with can't see colorful pics on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. Therefore , this One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) can make you truly feel more interested to read.

**Jeffrey David:**

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