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## Zen Doodle: The Art of Zen Doodle. Drawing Guide with Step by Step Instructions. Book One. (Paperback)

By Jane McKenty

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. + FREE BOOK Buy this book and get BOOK for FREE Are you drawing doodles while talking on the phone or sitting in a business meeting? If you draw circles, squares or some other shapes and fill them with arbitrary patterns, you re into ZEN DOODLE and you don t even know it. This book is designed as a workbook so expect much more pictures than text. The text is there only to make the explanations of drawings easier for you to follow. ZEN DOODLE is an excellent blend of meditation and creativity. While in the classic meditation you just sit back and point the attention on the breath, in ZEN DOODLE meditation you are creating. In addition to simplified step-by-step instructions how to create different Zen Doodles based both on famous patterns and new patterns, this eBook also includes an article on the benefits of ZEN DOODLE to health. At the end, you will find instructions on how to draw a Zen Doodle on a real example. Every pattern in this book is followed by pictures. Buy the...



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