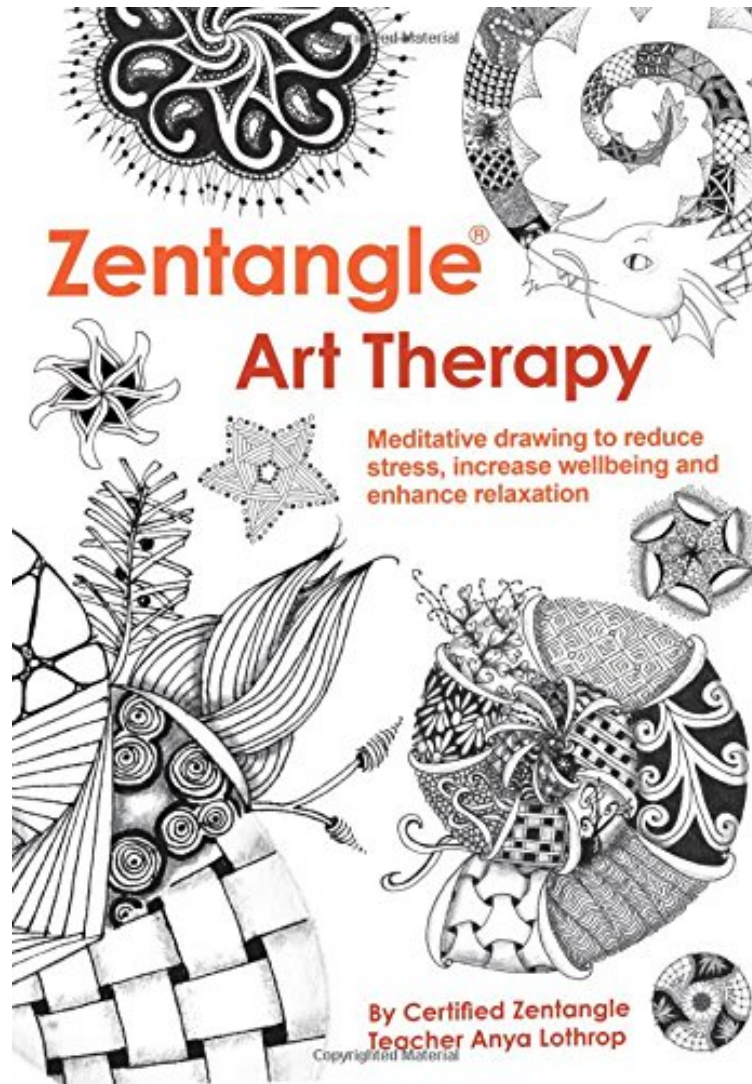


# Zentangle Art Therapy

Anya Lothrop

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**Anya Lothrop : Zentangle Art Therapy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Zentangle Art Therapy:

2 of 2 people found the following review helpful. Excellent book for beginners and intermediates - would recommend to ...By BarbaraExcellent book for beginners and intermediates - would recommend to my friends. There are explanations of why doing this kind of creative endeavor helps reduce stress. Well thought out and presented.0 of 0 people found the following review helpful. Love this bookBy Lynne OberLove this book. I bought it as a gift for a friend who was interested in Zentangles, but had no idea how to start. Good instructions and very well illustrated, which makes this a good book for beginners or more advanced "tangers".44 of 47 people found the following review

helpful. The book is beautiful, but every other Zentangle book I've purchased (in ...By WordsculpterI have to agree with the other less-than-five-star reviews. This COULD have been a 5. My copy arrived last week. The book is beautiful, but every other Zentangle book I've purchased (in the neighborhood of 1012) provided Zentangle-style how-tos for every pattern shown. This book provides a lot of the basic tangles that appear in nearly every Zentangle book, but not the unique ones for which I bought it. And some of the basics have names other than the established or official names of the Zentangle originals. And there is no index to the patterns in the back, so you can't even locate the few how-tos easily. (I would like to see an index, both visual and text, in every Zentangle book, so I can stop wasting time looking for specific patterns or information.) If you are going to publish a book in the Zentangle style, look, and feel, using your CZT on the cover, I think you owe it to the buying public to abide by the established protocol of the other books. I would be happy to pay more for a complete book. This one is decidedly incomplete. As it is, I'm extremely disappointed that the tangles that drew me in are not provided. That's anti-therapeutic. Anya, it would be a good idea to publish a reasonably priced supplement with all the missing tangles and an index, please.

Try your hand at calming meditational drawings. If you're someone who likes to doodle on napkins and scrap paper, then you're going to thoroughly enjoy the art of Zentangling. This funny, little word is actually an international phenomenon used to reduce stress, increase wellbeing, and enhance relaxation. And while the Zentangle movement is relatively new, its applications are steeped in history and culture as evidenced in its symbols, designs, and patterns. Now you can unlock your potential, unleash your creativity, and experience the relaxing sensations of crafting unique, treasured artwork with Zentangle Art Therapy. This unusual book offers a wonderful introduction to those new to Zentangle, and covers the tools required and the basic techniques to get started. Simple patterns including baseline, fillers, ribbons, and borders offer a foundation to explore more complex, three-dimensional design. You'll learn how to further enhance your creations using shading and color. You get: A comprehensive and fascinating introduction to Zentangle Complete explanations of all the basic tools and techniques 250 black-and-white illustrations depicting the wide variety of one-of-kind patterns from the simple to the complex Channel your energy into this simple art form and feel the positive effects. Put a little extra calm in your day as you nourish your creativity. Zentangle Art Therapy is full of inspirational artwork to give you a taste of the Zen-dless possibilities.

About the Author Anya Lothrop is a certified Zentangle Teacher and would like to invite the reader to feel the flow, release their potential and explore this elegant artistry. The reader will find creative expression and create a treasured piece of art in an empowering and uplifting way. The benefits of Zentangle Art Therapy include reduced stress, increased wellbeing and enhanced relaxation.