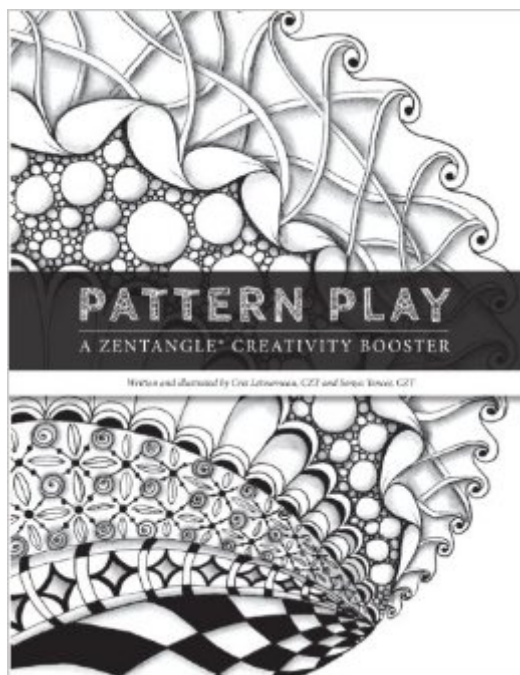


The book was found

Pattern Play: A Zentangle Creativity Boost (Volume 1)



Synopsis

Pattern Play: a Zentangle Creativity Booster is for anyone who wants to have fun, de-stress, and increase their creative confidence. The Zentangle method is a mindful activity that can be done most anywhere and requires little time, space, or equipment. Like other mindful activities, the practice of Zentangle may also help you feel less stressed, increase your confidence, improve your concentration, manage pain better, sleep more soundly, and meditate more deeply. No matter your skill level, this book will help you flex your creativity muscles. It includes step-by-step instructions to guide beginners in understanding the Zentangle method and creating their first Zentangle art. Pattern Play also shows seasoned tanglers (people who "do Zentangle"™) how to use their existing repertoire of tangles (patterns) as a springboard to ignite their own creative spark. Along with instructions, it contains: - 21 meditative patterns - over 125 tangleations (variations) - over 50 beautiful pieces of art - over 75 idea starters - tips for better tangling and plenty of space to practice and refine your skills so you can become the artist you were meant to be.

Book Information

Series: Pattern Play

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Average Customer Review: 4.6 out of 5 stars See all reviews (128 customer reviews)

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Customer Reviews

This is a useful and beautiful book, a worthy addition to any Zentangle® library. Unlike other books, which focus on the acquisition of new tangles, Pattern Play explores what is possible with a handful of tangles and their "tangleations" (variations). Be prepared: this is about Zentangle®, so the authors emphasize the Rick Roberts and Maria Thomas method of creating these patterns. This is, in fact, the most thorough introduction to Zentangle® I have yet encountered, other than taking a class with a Certified Zentangle® Instructor (something I really recommend if you are

interested in this as a meditation practice).I really appreciated the Pattern Play approach; other tangles, who are more interested in acquiring new patterns, may be disappointed. You will not find an extensive collection of tangles here; instead, you will play around with what you can do with patterns you already know. Experienced tangles will not need this encouragement to experiment. As a beginner, though, I find it exhilarating.This book does not contain colorwork. That was a letdown for me, at first, but I quickly realized I had plenty to enjoy without it. ALSO, I am also puzzled by the nicely bordered blank "Idea Starter" pages, which are silly given that the text insists there are "no mistakes" in tangling, anyway, and that among the Zentangle™ "necessities" is high-quality paper. In fact, when you take the introductory class, you dive into using official Zentangle™ tiles right away, as a way to value what you're doing and to really grok the method. My advice is that you use nice paper or even tiles as you play around with the patterns in this book, especially for the subtle art of shading.Don't get me wrong.

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