



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

*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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### **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:**

#### **Edward Schanz:**

In this 21st century, people become competitive in every single way. By being competitive at this point, people have to do something to make all of them survive, being in the middle of often the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Sure, by reading a reserve your ability to survive increase then having chance to endure than other is high. For yourself who want to start reading a book, we give you this specific *One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day)* book as basic and daily reading book. Why, because this book is more than just a book.

#### **Tom Copper:**

Reading a reserve tends to be new life style in this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Using book everyone in this world may share their idea. Books can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or maybe their experience. Not only the story that share in the publications. But also they write about advantage about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on earth always try to improve their

ability in writing, they also doing some study before they write on their book. One of them is this One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day).

**Jennifer Newhouse:**

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

**Randolph Urban:**

Does one one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you just dont know the inside because don't evaluate book by its protect may doesn't work the following is difficult job because you are scared that the inside maybe not because fantastic as in the outside appearance likes. Maybe you answer might be One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun (One A Day) why because the amazing cover that make you consider concerning the content will not disappoint you actually. The inside or content is usually fantastic as the outside as well as cover. Your reading 6th sense will directly direct you to pick up this book.

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