



## Angela Porter's Zen Doodle Designs (Paperback)

By Angela Porter

Perseus Distribution Services, United Kingdom, 2016. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book. Zentangle, a fun and relaxing art form that emerged in the last decade, is often referred to as a meditative practice. Its free-form style, abstract images, and repetitive patterns unite to form elaborate illustrations. This method has been said to increase mindfulness and aid in relaxation, while simultaneously expressing creativity an ideal remedy for stress. Recently, the form has inevitably made its way into the adult coloring book world and has been helping colorists unwind ever since. Based loosely on the Zentangle method, Angela Porter's Zen Doodle Designs embraces this style in both the creation of the designs and the coloring of the finished illustrations only the latter is up to you! Bestselling author and master Zen illustrator Angela Porter takes you on a relaxing journey with this beautiful collection. Featured are forty-nine soothing designs for you to color, each incorporating intricate florals, beautiful swirling and circular patterns, and other aesthetically pleasing, geometric shapes. The pages are perforated and printed on one side, making it simple for you to remove and display your finished works. So sit down, relax, and break out...



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