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The Art of ZenDoodle: How to ZenDoodle Your Way to Inner Peace! A Guide with Illustrations! (Tangle Patterns & Meditation)

Sarah Benson

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Have you heard of the terms Zentangle and Zendoodle?
Would you like to know the difference between the two and get started with some awesome patterns?

Then look no further! The different between Zentangle and Zendoodle is simply the fact that Zentangle is a trademarked term. Zendoodle is the same concept with some slightly less strict rules. You still get the same amazing benefits of Zentangle when you Zendoodle, and the bonus is that you can sell your art if you so choose!

Many artists are now using this form of art to warmup before they begin another piece of art. You can also use this method to warmup for other art, or you can use this only method to practice art! Many people have forgone trying to doodle anything because they feel they’re not able to draw like Van Gogh, so they might as well not try at all. But this is simply not true!

You can create beautiful, breathtaking art with just a few strokes of a pencil or pen and your art will look just as good as anyone else’s!

In this book, you’ll learn:

• The difference between Zentangle and Zendoodle.
• The benefits of Zendoodle.
• How you can sell your artwork.
• The method of Zendoodle.
• Eleven tangles to get you started.
• And much more!

So scroll up and grab a copy of this eBook today on Zendoodling!

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