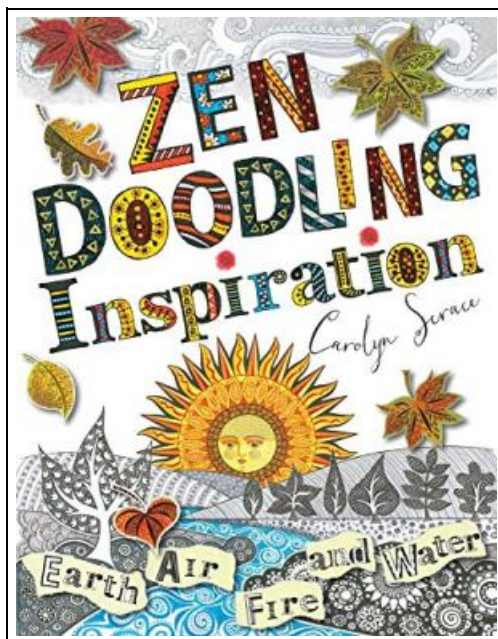


Zen Doodling Inspiration: Earth, Air, Fire and Water (Paperback)



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Reviews

It is fantastic and great. This is for those who statte there was not a worth looking at. Its been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

(Barry O'Reilly)

ZEN DOODLING INSPIRATION: EARTH, AIR, FIRE AND WATER (PAPERBACK)



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Barron s Educational Series, 2015. Paperback. Condition: New. Language: English . Brand New Book. By turning to the four elements--Earth, Air, Fire and Water-- Zen Doodling Inspiration explores the creative stimulation that can be found in the natural world around us. Raindrops, puddles, wind-blown grass, or a flickering flame are all full of exciting patterns, shapes and colors. As you learn to look at things differently, you will develop a whole new appreciation for the miraculous world in which we live. This book, designed to resemble an artist s journal, is packed with: Inspiring designs and concepts that can be used for your own patterns and compositionsMood boards at the beginning of each section to stimulate ideas and creativityArtist s top tips and hints on light and shade, color theory, creating geometric designs, using repeating patterns and moreInstructions for composition designs, including plants and flowers, rugged coastlines, stormy weather, blowing leaves, lightning, waves, sunshine and moreHelpful suggestions for using techniques such as indenting paper, watercolor wash, combining monochrome and color, and more Zen Doodling Inspiration encourages mindfulness and can become a part of a meditation process that will help quiet the mind and give you a deep sense of peace and calm. There is no right or wrong way to do it--whichever way you choose, the result will be exciting and inspiring. Best of all, you don t need any special materials, and you can Zen doodle anywhere you please.Turn to this book to help boost your confidence, develop your artistic skills and release your imagination in exciting new ways!.



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