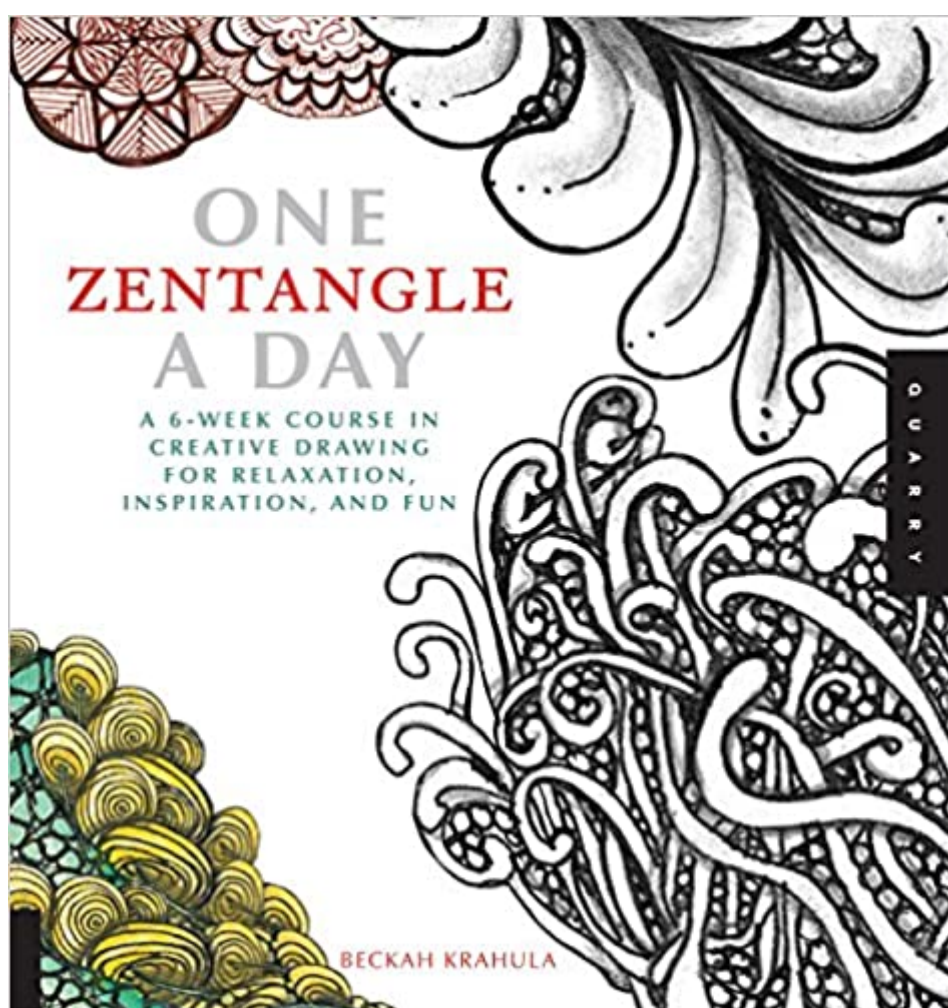


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One Zentangle A Day: A 6-Week Course In Creative Drawing For Relaxation, Inspiration, And Fun (One A Day)



Synopsis

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.

Book Information

Series: One A Day

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Photography > Other Media > Mixed Media #200 in Books > Arts & Photography > Drawing

#1751 in Books > Self-Help

Customer Reviews

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).

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.

I have learned so much and I am only on day 5! Well written, informative, inspirational.. I am glad I bought it. Attached pictures are from my first tangles ever done (the single picture is Tangle no 1, the others are done in the order displayed in the book) If you are starting out.. you could not buy a better book!

I have many, many books about zentangle - this is the BEST by far! I've never written a review before but this book requires a big shout out, especially to folks who already have some zentangle experience and are looking for the extra things that kick it up a notch, although beginners will appreciate it just as well. It covers all the extras including shading, value, style and coloring techniques. Topics that are stretched out over several books by other authors are all together in this wonderful book. If you only want one book about zentangle - this is it!

The title grabbed my attention but the book did even more. I am an artist, have been for many years, but I have been struggling with an essential tremor in my dominant hand (the left) which has forced me to start training myself to use my right hand for things like eating soup or bringing a glass of water across the room without spilling it. My handwriting has suffered and I have almost stopped painting and drawing...until now. When I looked through "One Zentangle a Day" I had an inspiration... Instead of doing one Zentangle a day, I have been using my left hand for one Zentangle the first day, and the next day I do the same lesson (using the assigned pattern but not the same composition) but I use my right hand. I had never been able to draw or paint with my right hand. Following the suggestions in the book, working slowly and concentrating on what I am doing, my DRAWING WITH EACH HAND HAS IMPROVED! I did not buy the "tiles" offered in the book, I am using two sketch books - one for my left handed drawings, and the second for drawings done with my right hand. I date and label each drawing as is suggested in the book. have been working with Zentangles for three weeks and the improvement is surprising and very encouraging. The book is clearly written and well organized. The illustrations are self explanatory. Although it does require concentration and effort, the work is also relaxing. Sometimes a different approach will solve a problem. "One Zentangle a Day" has certainly helped me in my efforts to solve mine.

I bought this book because I wanted a more organized approach to learning basic tangles than I had taken, which was to find a tangle I liked in the books I have (both of Bartholomew's, *Time to Tangle with Color*, and one more) and learn it. I also wanted some help on learning to use tangles so they overlap, interweave, and do all the cool things I see in many examples. This book has been somewhat helpful, but could have been far better with a bit of judicious editing. I have been following Krahula's daily regimen, and am indeed learning--and liking--tangles I had skipped over before. Her introduction has the best and most informative list of materials for tangling that I've seen. There are clear descriptions of the different kinds of pens, pencils, watercolors, papers, and so on. The daily schedule includes introductions to enhancements to tangles, shading, changes to tangles, working on dark and brightly colored paper, and more. She has thoughts about what makes an interesting Zentangle and tries to communicate them through examples of her own work, that of guest artists, and suggestions. I really wanted this part a lot. Unfortunately, her command of written English is poor enough that in several places I really didn't understand what she was trying to explain, including her suggestions for interesting Zentangles. In others, I was merely annoyed: she uses "transcend" when she means "transition" and calls established rules about what is a Zentangle "historic" or "traditional", which is a bit pretentious for an art less than ten years old. She makes a commendable attempt to convey quite a bit about color theory and about how to mix colors, which I really appreciate, but since she doesn't use the standard vocabulary of hue, value, saturation, and tone, she isn't clear enough to get her probably quite useful points across. In addition, the step-by-step illustrations of how to draw the tangles are quite poor. Several squoosh a couple of steps together, others are unclear as to which aspects of the example are basic to the tangle and which are just the artist's whimsy. Some tangles look quite different from their counterparts in other Zentangle books. Odd quirks in the book abound: art materials are described but not photographed; Step-by-step layouts include blank spaces for steps beyond the ones provided, and some step 3's, for instance, show a clearly different drawing from the one in step 2. I'm not just quibbling here; I was stopped and confused by each of these defects. Some editing by a good editor might have made this a first-rate book. Overall, I think the main benefit to me has been the structure of doing the tangles she assigns, every day, whether I'd have picked them for myself or not. I also like the opportunity to view her work, which is quite different from the other artists whose books I have, and which I like quite a bit. Her use of color is worth learning from, and the patterns she provides for Zentangle are lovely.

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One Zentangle A Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun

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