



# **HOW TO ZENDOODLE: Develop your Creativity, Imagination and Talent through Zendoodling (Zendoodle, Zentangle, Drawing, Art)**

*Penelope Aline*

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*Are you someone who feels stressed throughout the day and you just don't know how to relax?  
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Then you might want to scroll up and grab a copy of How to Zendoodle! Zendoodle is a method of meditation that involves using a pen and high-quality paper to create an aimless pattern. It seems odd that you might create a pattern aimlessly, but Zendoodle is not about the final result, it's about the process! You see, Zendoodle is about creating a moment of peace in your life where all you focus on is the pen strokes across the page.

### In this book, you'll learn:

And much more!

Every string template and described tangle in this book will have step by step instructions, both written and in picture format, to let you know how to create the string or tangle you're interested in. There will be no confusion as to what you are making when you go through this book.

So scroll up and grab a copy of How to Zendoodle today. You won't regret it!

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