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Opening extract from

Zen Doodle

Written & Illustrated by

Carolyn Scrace

Published by

Salariya Book Company Ltd

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Published in Great Britain in MMXIII by
Book House, an imprint of
The Salariya Book Company Ltd
25 Marlborough Place, Brighton BN1 1UB
www.salariya.com
www.book-house.co.uk

PB ISBN-13: 978-1-908973-42-9

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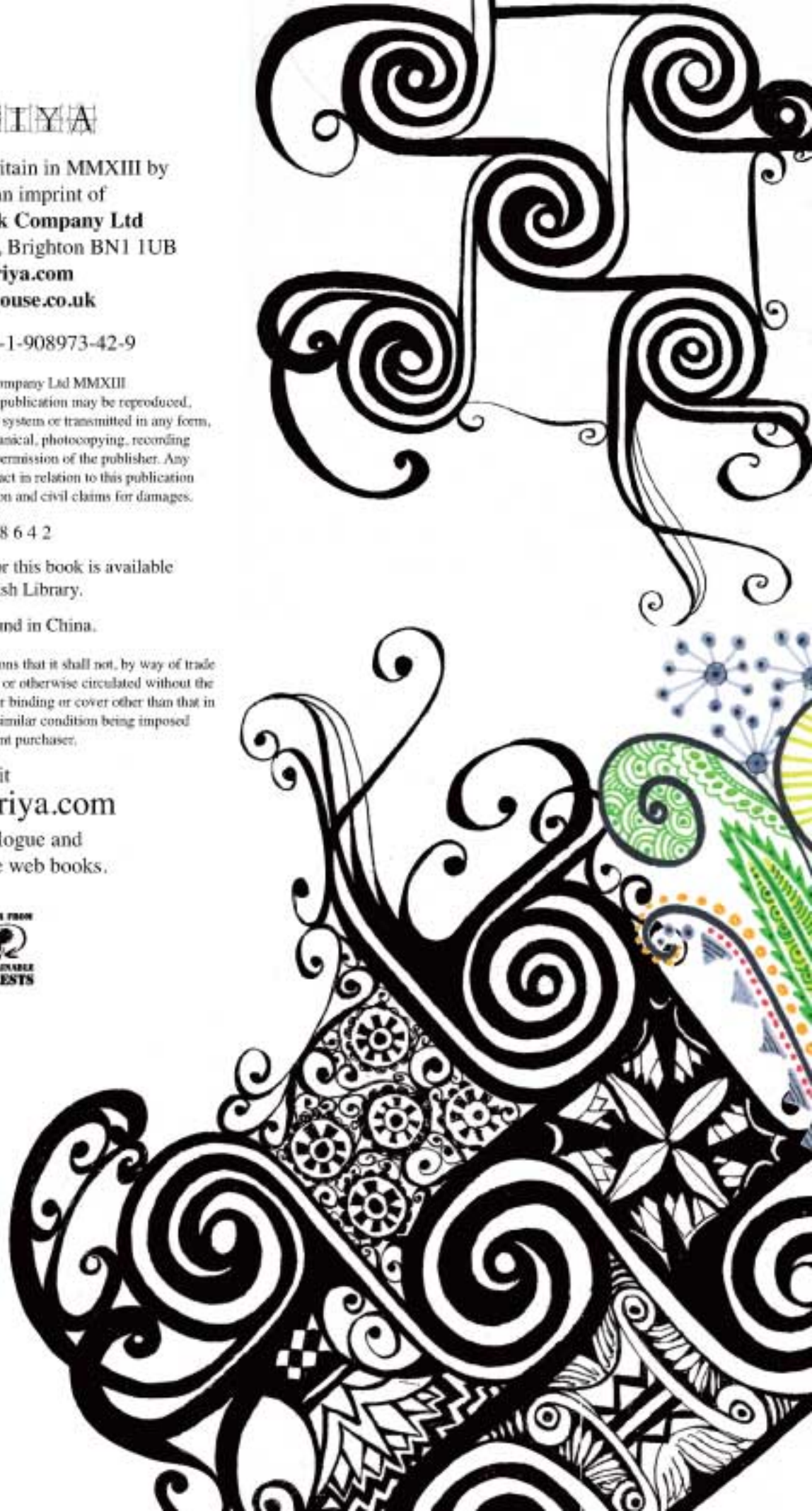
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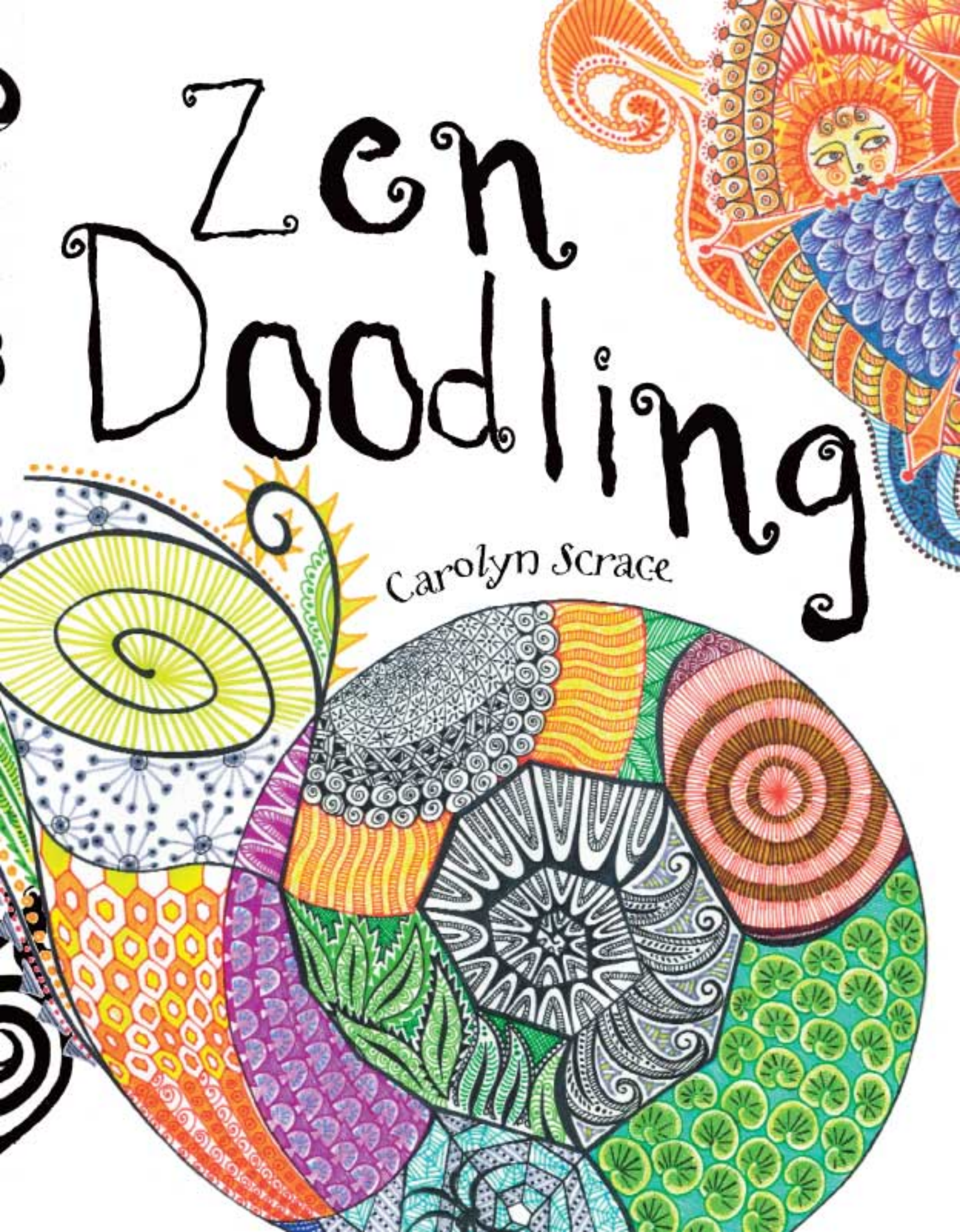
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PAPER FROM SUSTAINABLE FORESTS



Zen Doodling

Carolyn Scrace



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Chapter One

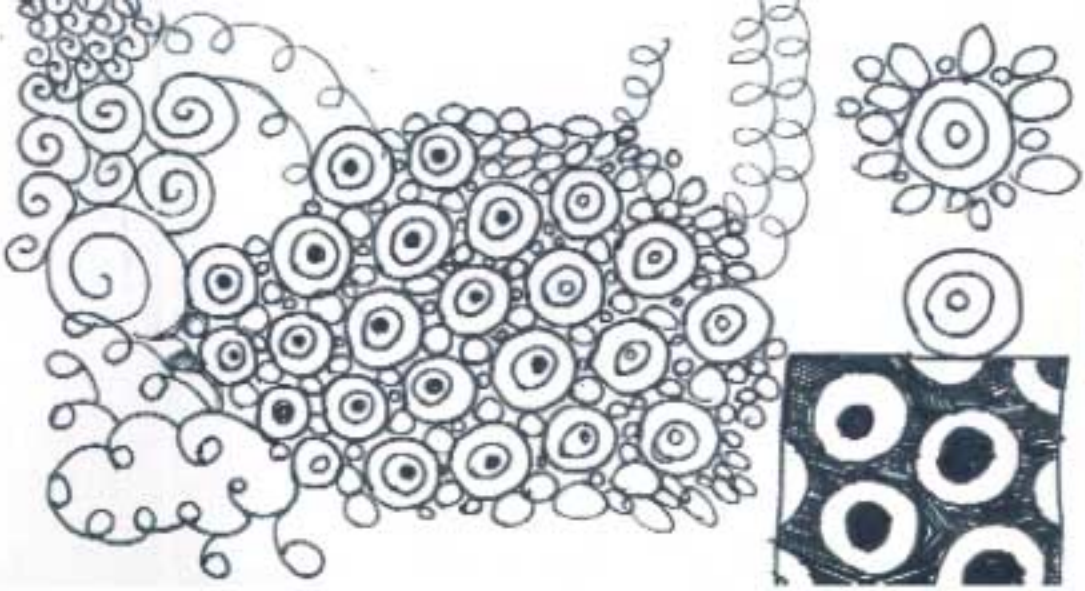
Zen Doodling Basics

Zen Doodling is terrific fun and a great way to relax. It enables those who lack artistic confidence to discover their latent talent. People often turn to art to deal with stress, trauma and unhappiness — or just to find a sense of peace and meaning in their lives. Pablo Picasso once said, 'Art washes away from the soul the dust of everyday life.'

Creativity

Zen Doodling releases creativity and the repetitive nature of the designs focuses the mind and encourages a sense of inner calm and tranquility. It can aid meditation. Zen doodling can be done anywhere, and needs no special equipment. Surprise yourself with the interesting and exciting results you create.





Learn and explore

This book explains how to start Zen Doodling from scratch; introducing simple inspiring patterns with easy-to-follow instructions. Learn about tools and materials. Explore colour theory. Helpful hints and tips are included to guide you.

Using themes

Find out how to construct mandalas, how to use themes and how to frame your Zen Doodles. Discover potential sources of inspiration and how best to use them. Explore the potential of Zen Doodling: creating meaningful gifts, decorating 3D objects, greetings card designs, picture frames and journals.

Unique

Explore a wide range of techniques, from printmaking to embossing. Embellish your mugs, T-shirts and albums with your unique Zen Doodling.

Introducing Zen Doodling

Most people at some time or another seek to experience more silence and stillness rather than stress and anger in their daily lives. This book attempts to explore the many positive benefits of Zen Doodling.

Have fun!

Zen Doodling is a very relaxing activity that can simultaneously focus the mind. Enjoy doing it while you mull over a problem or simply when you want to take time out for yourself. Chill out and have fun with it.





It will boost your creative confidence and increase your perception as you learn to 'see' your surroundings more fully. The world will start to look totally different: a wealth of beautiful patterns and shapes, all waiting to be Zen Doodled!