



# Zentangle: The inspiring and mindful drawing workbook with over 70 practice tiles

*Jane Marbaix*

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Tap into your creativity with Zentangle! Step-by-step instructions teach you to "tangle," so you can accessorize greeting cards, gift boxes, decorations, and more. Use the method as a pathway to mindfulness and meditation. New patterns and ideas are shared daily through zentangle.com, so you'll always have inspiration to keep creating. Make it as simple or complex as you like—no expensive materials are needed, just your imagination and some paper and pens.

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