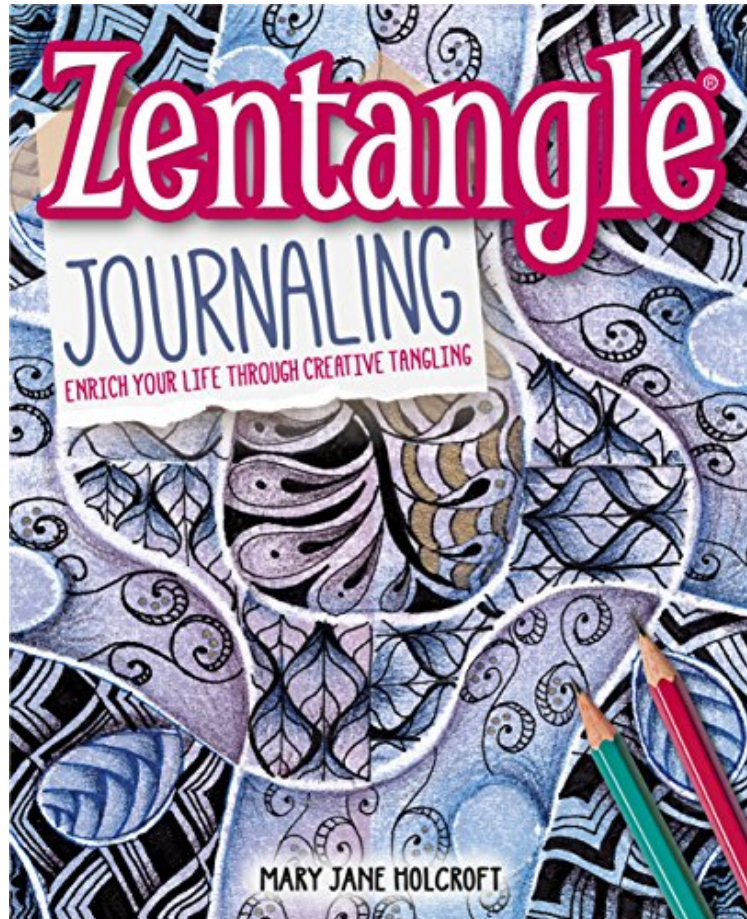


Zentangle Journaling

Mary Jane Holcroft

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Mary Jane Holcroft : Zentangle Journaling before purchasing it in order to gauge whether or not it would be worth my time, and all praised Zentangle Journaling:

4 of 4 people found the following review helpful. Four StarsBy CustomerLove the ideas in this book. Can not wait to try a few more out in my tangle journal.0 of 0 people found the following review helpful. Five StarsBy SisomanPerfect, the right book for what we needed it for22 of 23 people found the following review helpful. So glad I took a chance and ordered this!By PenelopeI had ZERO idea of what to expect when I ordered this book - I was really missing the "view inside" option but decided that, for the price, I was willing to take a chance. I imagined that it would be mostly white space inside with spaces for daily writing and a daily tangle . . . and maybe a daily prompt along the lines of "write about a time when you were sad and then fill this box with tangles that showed how you feel." I could not have been more wrong!!!This should have been called "Art Journaling meets Zentangling." There is page after page of full color journal pages on beautiful colored backgrounds. There are about 30 pages that have outlined objects that were left empty for us to fill with tangles (but I think I will make photocopies and draw on those). There is so

much inspiration in this small volume! I immediately pulled out some watercolors and made some backgrounds for my own ZIAs. I'll be finding ideas in this book for a very long time.

The purpose of this book is to bring the mediums of tangling and journaling together to help readers enrich their lives. On each spread there is an outline for readers to fill as they choose. Inspiration is provided by a corresponding finished artwork complete with a range of Zentangle patterns. The process of filling the outlines is meditative and will set up the right conditions for readers to express their feelings in the spaces around the images. Whether these thoughts are dreamy or stormy, releasing them will leave readers with a calm spirit, a clear mind and a beautiful journal page. Zentangle Journaling offers a gentle and forgiving way to overcome deep-seated barriers to creativity and develop a stronger, happier self. A wonderfully therapeutic way of releasing innermost thoughts and feelings. Reconnect with creativity through a perfect marriage between Zentangle and journaling. Every page is a thing of beauty, offering the perfect conditions for self-expression. At the end readers will have a personalized journal and record of their development.

About the Author Mary Jane Holcroft is a Certified Zentangle Teacher. She discovered Zentangle quite by chance when researching a topic for her school class. Although she had once studied art, she had lost touch completely with her creative side. Zentangle brought her back in touch with it, as has her love of journaling. Mary Jane says: 'The process of putting my thoughts down on paper gives them clarity and also takes away any negative power they may have held.'