



# Zentangle

*Jane Marbaix*

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## **Zentangle** Jane Marbaix

Aimed at beginners, this book shows how beautiful images can be created from repeating patterns. Accredited Zentangle teacher Jane Marbaix demonstrates a range of patterns one step at a time and offers a sourcebook of her own designs to inspire tangles to try something different. Proven to reduce stress and enhance creativity in people of all ages, Zentangle does not require a background in practical art or expensive materials to produce pleasing results. Expert instruction from an accredited teacher in this fast-growing area of practical art, *Zentangle* provides a wide range of patterns from which tangles can draw inspiration in an attractive, stylishly designed full-color package. Zentangle is a wonderfully mindful art form that helps us attain Zen-like peaceful states in our day-to-day lives.

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