



# **Zendoodle Basics: A Step by Step Guide on How to Make Zendoodle for Absolute Beginners (Zendoodle Basics, Zendoodle, zendoodle patterns)**

*Ernest Forbest*

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If you have not heard about Zendoodle you have no idea what you are missing! Understandably it is not obvious what Zendoodle is, when I first heard of it I mistakenly thought it was some form of exercise. Nothing could have been further from the truth.

Zendoodle is the name given to a self help art therapy practice that is both fun and enjoyable and is used by many as a form of relaxation. Whilst the Zendoodle method could easily be misconstrued as a up market type of doodling there are significant differences. There are no special requirements or materials need to Zendoodle and it is a practice that is open to all age groups with no creativity or artistic background needed.

## **This book covers the following areas in more detail and should provide you with a thorough understanding of the art that is Zendoodle.**

- Zendoodle is a form of art therapy
- How Zendoodle started
- The Zendoodle theory
- Zendoodle Methods and Characterizations
- Benefits and uses of Zendoodle
- Zendoodle vs. Doodling
- Zendoodle Glossary
- Method and Creation of Zendoodle
- Zendoodle frequently asked questions

Don't delay for a minute longer begin your Zendoodle creations today and feel a sense of relaxation wash over you and take your cares away.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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