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ZEN Cats: Drawing Amazing Zen Doodle Cats (Zen Doodle Art) (Volume 3)

Jane McKenty

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ZEN CATS

JANE MCKENTY



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Jane McKenty : ZEN Cats: Drawing Amazing Zen Doodle Cats (Zen Doodle Art) (Volume 3) before purchasing it in order to gage whether or not it would be worth my time, and all praised ZEN Cats: Drawing Amazing Zen Doodle Cats (Zen Doodle Art) (Volume 3):

4 of 4 people found the following review helpful. Stressed? Meditate at your desk by doodle drawing!By Kindle CustomerI really enjoyed this book. It was not only fast and easy to read, the author touched on something I'm practicing, or at least trying to. We're rapidly learning just how important it is to meditate, but there's so much dang

noise in our lives. Even now sitting at my desk, if I try to do box breathing, I have to tune out the humming fridge, the ticking clock and the blowing air conditioner. Crazy, right?! So I doodle on the pad by my computer. Mostly geometric shapes, and mostly when I'm on a conference call or when someone is delivering a presentation. Why? Turns out doodling can help you remember better. So when I ran across this idea, doodling for meditation, I had to check it out. Fill in drawings with geometric shapes to reach a zen state? I'm in. This was fun, and has turned me on to a new way to practice meditating, especially when I'm stressed or worried. I'm not giving up my box breathing or effort to reach spiritual enlightenment through traditional meditation, but zen cat doodling is going to be a part of my deskbound meditation practice from now on. 1 of 1 people found the following review helpful. Nice looking images By Ali Julia Zen Doodle Cats brings you 5 cat drawings. It is a small number of projects but the each cat drawing is very nice and step by step doodle instructions have a lot of details. I recognized most of the cat drawing from other cat drawing source books I own, but the doodles designs are original and I enjoyed them. Some books provide a way to download a pdf of the book this one does not. Ali Julia review 3 of 3 people found the following review helpful. Love Zen Doodling! By Kindle Customer This was one of the first Zen books I bought and I love it! Zen doodling is fun and very relaxing. would recommend this book to anyone who would like to learn the art of Zen doodling. The designs are very easy to follow.

+ FREE BOOK Buy this book and get BOOK for FREE Zen art of drawing or Zen doodling really helped me a lot to penetrate into that oasis of peace that we all carry inside of us and is buried under the everyday concerns and disturbances. I meditate for many years, but not on a daily basis just because I often can't just sit doing nothing. So, Zen doodling is a perfect blend of meditation where you are "doing something" that is creating the drawings, after which you can somehow use it. You can even paint or draw a true artistic picture without any former knowledge of drawing. Here is a preview of what you'll learn: Cats through history Cats on the moon Cat stretch Cat looking back Cat's dream Queen Cat Enjoy reading and practicing, and do not forget to receive your FREE BONUS BOOK All the instructions you will find at the end of the book. Good luck!