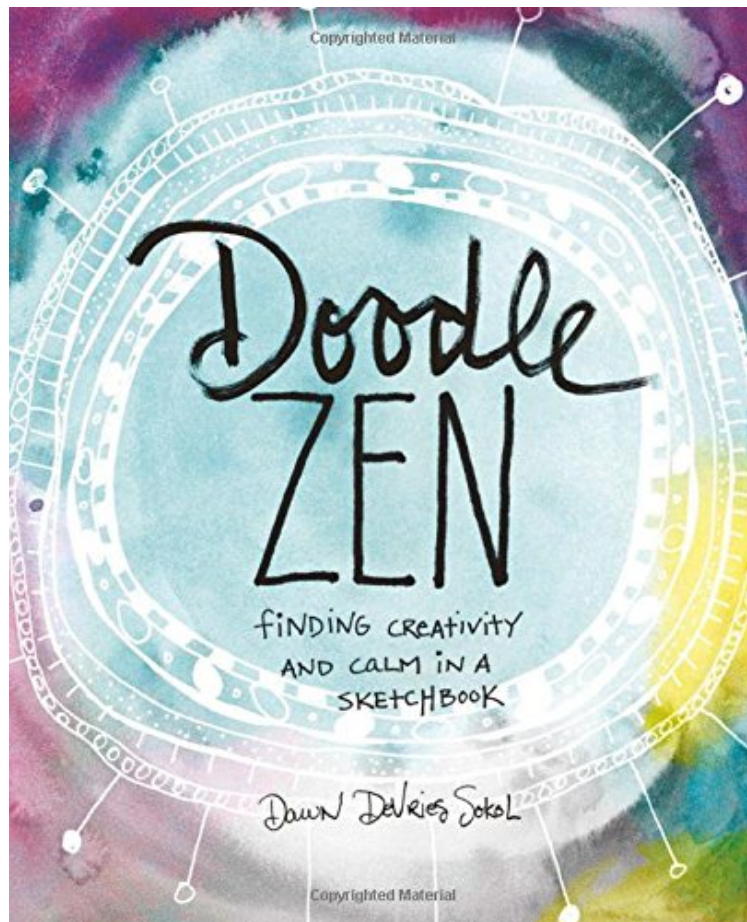


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Doodle Zen: Finding Creativity and Calm in a Sketchbook

Dawn Sokol

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Dawn Sokol : Doodle Zen: Finding Creativity and Calm in a Sketchbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised Doodle Zen: Finding Creativity and Calm in a Sketchbook:

Doodle Zen: Finding Your Creativity and Calm in a Sketchbook will inspire new and nonstop doodlers alike to use doodling as a way to escape and de-stress. The book begins with a discussion of how to power down and tune out using doodling as a method for finding your zone and includes a list of suggested materials, tips/techniques, and inspirations for doodles and words. Doodlers will let their minds wander and relax while filling pages adorned with soft, muted backgrounds, calming quotes, and Mehndi-inspired doodles. With prompts and starter suggestions for getting your creativity flowing, Doodle Zen is the ultimate retreat for the busy mind.

About the Author Dawn DeVries Sokol is the author of several doodling books, including Art Doodle Love, The

Doodle Circle, A World of Artist Journal Pages, and Year of the Doodle. She is also the author of Doodle Diary, Doodle Sketchbook, and 1000 Artist Journal Pages. Often referred to as the Doodle Queen, she teaches popular workshops through her blog (dawnsokol.com), at Interweave Presss CREATE Mixed Media Retreat, on Creativebug.com, and through her DVD workshop Art Journaling: Pages in Stages.