



Doodle Zen: Finding Creativity and Calm in a Sketchbook

Dawn Sokol

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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.

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