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Zen Patterns and Designs: Coloring for Artists (Creative Stress Relieving Adult Coloring Book Series)

Skyhorse Publishing

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Zen is a school of Mahayana Buddhism that developed in China during the Tang dynasty. Zen emphasizes a rigorous meditation practice, insight into Buddha's nature, and the personal expression of this insight in daily life, especially for the benefit of others. Out of this tradition, beautiful and intricate art has been created over centuries to showcase the spiritual world the Zen tradition inhabits.

Zen Patterns and Designs: Coloring for Artists offers forty-six fully colored Zen designs that will inspire you as you color the forty-six black-and-white templates that are perforated so that each one can be removed to be displayed. The designs have been created specifically for you. Enhanced with intricate, unique patterns and step-by-step instructions on how to best color and create beautiful work, this book has a little bit of something for everyone. So explore your creative side, and discover the relaxing benefits of coloring Zen art.

In summary, this vibrant compilation:

Begins with an introduction describing the history and beauty of the Zen practice
Features forty-six original black-and-white designs for readers to color on single-sided perforated pages, allowing them to remove and frame their artwork
Includes forty-six full-color images that exemplify the Zen tradition

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From reader reviews:

Rafael Arent:

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Nelson Wyatt:

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Benjamin Herrera:

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