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The British Journal of Photography

The Photographic Journal of America ...

The American Journal of Psychology

Canadian journal of industry, science and art

The American Journal of Science and Arts

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Farm Journal

Nursing Mirror and Midwives Journal

The American Journal of Science

Daily Zen Doodles

Ladies' Home Journal

Confectioners Journal

The Photographic Journal

American Journal of Philately

The American Journal of Science
London, Edinburgh and Dublin Philosophical Magazine and Journal of Science
The Civil Engineer and Architect's Journal
The Journal of the Photographic Society of London
Canadian Journal of Science, Literature, and History
Minnesota Journal of Education
The Civil engineer & [and] architect's journal
The London, Edinburgh and Dublin Philosophical Magazine and Journal of Science
Connecticut Common School Journal
Journal of the Photographic Society of London
Journal of the Franklin Institute
Shoe and Leather Journal
The Progressive Teacher and Southwestern School Journal
Official Gazette of the United States Patent and Trademark Office
The Printers' Journal and Typographical Magazine
The London, Edinburgh, and Dublin Philosophical magazine and Journal of Science
American Journal of Science
American Journal of Science and Arts
Virginia Journal of Education
Normal Instructor and Teachers World

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The Canadian Journal of Industry, Science and Art

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The American journal of

science and arts

**The American Journal
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In this one-of-a-kind
mindfulness workbook for
teens, New York Times-
bestselling artist and
author of Start Where You
Are, Meera Lee Patel,
presents an entire year of
calming, stress-relieving
zentangle-style drawings
for young, first-time zen

drawers to help relax and enjoy a truly mindful moment of creativity. Few activities are as spiritually satisfying as the art of the meditative “tangle” drawing. With this book, teens can find a quiet moment to craft an intaglio of intricate, mandala-like drawings that will calm and bring on a peaceful state that clears the mind and facilitates creativity and relaxation. Offering a different hand-illustrated prompt for each day of the year, *Daily Zen Doodles* inspires kids to

lose themselves in the contemplative act of sketching beautifully repeating patterns and abstract designs. Whether it’s the outline of a nautilus shell, the petals of a lotus blossom, or the spokes of the Buddhist wheel, the mindfulness-inspiring ideas in this book foster focus and help unlock that budding inner artist. Accompanied by apt quotes from spiritual leaders and famed philosophers to provide you with an added spark of inspiration, each drawing prompt is an

invitation to an improved mindset and elevated state of inner peace.

J. W.

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