



Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Pastel Floral)

Courtney Wegner

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Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include:

- 80 lightly-lined writing pages provide plenty room to capture your thoughts
- 40 expression pages for jotting down personal reflections, quotes, poems or sketches
- 40 professionally illustrated adult coloring images of varying difficulty
- High quality 70# paper

Each topic is available in different coloring image themes and a wide array of beautiful covers.

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Sara Burns:

Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, in that case why you don't try issue that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Pastel Floral), you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't have it, oh come on its called reading friends.

Starr Place:

Are you kind of stressful person, only have 10 or even 15 minute in your time to upgrading your mind ability or thinking skill possibly analytical thinking? Then you are experiencing problem with the book in comparison with can satisfy your short time to read it because all this time you only find publication that need more time to be read. Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Pastel Floral) can be your answer given it can be read by you actually who have those short free time problems.

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