



Adult Coloring Journal: Co-Dependents Anonymous (Sea Life Illustrations, Purple Mist)

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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From reader reviews:

Todd Crain:

Reading can called imagination hangout, why? Because if you are reading a book mainly book entitled Adult Coloring Journal: Co-Dependents Anonymous (Sea Life Illustrations, Purple Mist) your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will end up your mind friends. Imaging each word written in a publication then become one type conclusion and explanation this maybe you never get ahead of. The Adult Coloring Journal: Co-Dependents Anonymous (Sea Life Illustrations, Purple Mist) giving you another experience more than blown away your brain but also giving you useful facts for your better life with this era. So now let us demonstrate the relaxing pattern here is your body and mind are going to be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Karen Arsenault:

In this age globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to you personally is Adult Coloring Journal: Co-Dependents Anonymous (Sea Life Illustrations, Purple Mist) this guide consist a lot of the information in the condition of this world now. This book was represented how do the world has grown up. The language styles that writer use to explain it is easy to understand. The particular writer made some analysis when he makes this book. Honestly, that is why this book appropriate all of you.

Kirby Paradiso:

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