



Adult Coloring Journal: Survivors of Incest Anonymous (Animal Illustrations, Pastel Elegance)

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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Rosalie Cox:

People live in this new moment of lifestyle always aim to and must have the extra time or they will get great deal of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely yes. People is human not a robot. Then we request again, what kind of activity do you possess when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative within spending your spare time, the book you have read is usually Adult Coloring Journal: Survivors of Incest Anonymous (Animal Illustrations, Pastel Elegance).

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