



Adult Coloring Journal: Co-Dependents Anonymous (Butterfly Illustrations, Abstract Trees)

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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Kim Nielsen:

A lot of people always spent their free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. In order to try to find a new activity this is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you read you can spent 24 hours a day to reading a reserve. The book Adult Coloring Journal: Co-Dependents Anonymous (Butterfly Illustrations, Abstract Trees) it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book offers high quality.

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Margaret Pace:

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