



Adult Coloring Journal: Co-Dependents Anonymous (Safari 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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Is it you who having spare time then spend it whole day by watching television programs or just resting on the bed? Do you need something totally new? This Adult Coloring Journal: Co-Dependents Anonymous (Safari Illustrations, Pastel Floral) can be the answer, oh how comes? A fresh book you know. You are and so out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these publications have than the others?

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